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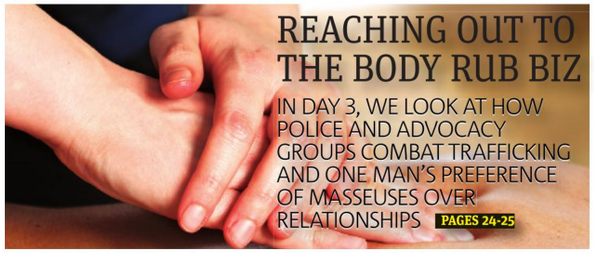


REACHING OUT TO THE BODY RUB BIZ

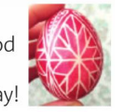
IN DAY 3, WE LOOK AT HOW POLICE AND ADVOCACY GROUPS COMBAT TRAFFICKING AND ONE MAN'S PREFERENCE OF MASSEUSES OVER RELATIONSHIPS PAGES 24-25

Accused killers to be tried together

Jagtar Gill, 43, an Ottawa mother of three, was allegedly killed by her husband and neighbour PAGE 3

Happy Easter weekend!

Metro will not be publishing on Good Friday. We'll be back on Monday!



LOOK WHO'S COMING TO TOWN

More than just a famous hobbit, Sean Astin, a former child acting star-turned Hollywood heavyweight spoke to Metro about his new vampire TV series, his political radio show and a possible Goonies sequel. See story, page 9. CONTRIBUTED

RCMP make arrest in Heartbleed hack

Canada Revenue Agency. Tax office website breach led to 900 SINs being leaked

A Londoner accused of stealing social insurance numbers from the Canada Revenue Agency website may be one of many hackers who took advantage of the Heartbleed encryption bug.

"This won't be the last that you hear of it," said London-based tech analyst Carmi Levy. "Obviously, this is a CRA announcement, but we will hear similar announcements from other systems.

"Just keep your eyes open for the next couple of weeks because this is a story that's going to have ongoing repercussions."

The RCMP announced Wednesday that Stephen Solis-Reyes, 19, a student at Western University, had been arrested and charged after police searched his London home and seized computer equipment.

The CRA shut down its website last week after concerns about a security flaw in encryption software. Officials announced Monday that 900 social insurance numbers were stolen during the breach.

Levy said there's a huge and hungry appetite for stolen personal information such as social insurance numbers and that learning how to breach a vulnerable website is easily done with a simple Google search.

"It's available online to anyone curious enough to go looking for it," he said. "It's like looking for bomb-making instructions. Anyone who's adept with Google can easily find them."

Solis-Reyes appears to be highly adept. Yearbooks from London's Mother Teresa Catholic high school, where Solis-Reyes was a student before graduating in 2012, speak volumes.

In Grade 11, he was a prize-winner in a contest run by the University of Waterloo Centre for Education in Mathematics and Computing. He also earned the school's computer engineering subject award the same year.

Solis-Reyes is listed as a member of the school's Robotics Club, the Programming Club and the Robotics Challenge team. He was also part of the team that won as city champions in the ECOO (Educational Computing Organization of Ontario) Programming contest.

Levy said that in the Internet age, information about people is worth its weight in gold.

"Your data — your name, your user name, your password, your address — all that is worth a tremendous amount to hackers and to criminals," he said. "There's a burgeoning underground trade in this information."

Solis-Reyes is scheduled for a July 17 court appearance in Ottawa.

The investigation is ongoing, police said.

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Investments announced

China firm opens startup incubator

China's Zhongguancun Development Group (ZDG) officially opened its International Incubation Centre in Ottawa, in association with Invest Ottawa, announcing at the same time it is negotiating a $1-million investment in local startup iNano Medical Inc., a tech firm developing a hand-held tool to help eye doctors diagnose glaucoma. Three other companies were also named as recipients of funding, mentoring and partnership agreements. METRO

Highway Traffic Act

Driver charged after fatal collision

Ottawa police charged a local man with a Highway Traffic Act offence following an investigation into a fatal collision on Centrepointe Drive last October. Britton Knight, 46, of Ottawa has been charged with Fail to yield from private drive under the Highway Traffic Act. The name of the 60-year-old man who died was not disclosed. METRO

Cause unknown

Blaze costs Carp Road arena $20K

A fire broke out in the Zamboni bay of the Erskine John Arena on Carp Road, causing $20,000 of damage to the building. Ottawa Fire Services spokesman Marc Messier said the blaze broke just before 4 p.m. Firefighters forced entry at the rear of the building and quickly extinguished the fire. METRO

Gurpreet Ronald and Bhupinderpal Gill are both accused of first-degree murder in the Jan. 29 death of Jagtar Gill. LEFT IMAGE: FACEBOOK; RIGHT: JOE LOFARO/METRO

Accused killers to plead not guilty

January murder.
Pair charged in Jagtar Gill's homicide will be tried together

JOE LOFARO
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Two people accused of killing Jagtar Gill — Gill's husband Bhupinderpal and her neighbour Gurpreet Ronald — both intend to plead not guilty, their lawyers said Wednesday.

Bhupinderpal Gill, 38, and his neighbour and colleague, Gurpreet Ronald, 34, made brief video link court appearances on charges of first degree murder from the Ottawa Carleton Detention Centre.

Both were charged within the past week in connection with the Jan. 29 killing of Jagtar, who was slain in her home on Brambling Way on her 17th wedding anniversary. She was 43 and a mother to three children, aged 15, 10 and eight.

The Crown applied Wednesday to have them tried together for first-degree murder, which means there will likely be one trial.

Bhupinderpal's lawyer, Rob McGowan, said the move will help save time. "It's just too inefficient to have two separate trials," he said.

But defence lawyer Bruce Engel only had a few minutes by phone to tell Ronald of the new development. "It didn't surprise me. But we'll talk about that," he added.

Engel said he has the option to apply to have the cases tried separately.

"Severance is always a possibility, but in a case like this I think you have an uphill battle," he said.

Ronald and Bhupinderpal both worked at OC Transpo and often socialized with each other at work, according to the victim's brother-in-law, Kulwinder Sidhu.

A court order issued last week prohibited Ronald from communicating with a list of people, including her husband, Jason Ronald. But a justice of the peace removed his name from that list Wednesday on consent from the Crown.

Close to 30 relatives of Jagtar Gill came to the courthouse to see the accused on camera.

"You see everybody here from Jagtar's family," said Sidhu.

Court date

Both of the accused are scheduled to return to court on April 25.

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Via Rail to begin intensive work fixing six Ottawa railway crossings

Signal light repairs.
City pushed for work following reports of malfunctions

LUCY SCHOLEY
lucy.scholey@metronews.ca

Police direct traffic at a railway crossing near the Fallowfield station on March 11 as workers repaired a defective controller. OONA WOODS/FOR METRO

Via Rail will be doing repairs at several railway crossings over the next two weeks, including the site of the fatal September bus-train crash near Fallowfield Station.

In a press release, the Crown corporation said a "high level" of activity relating to repairs and testing will take place at the crossings on Woodroffe Avenue, the Southwest Transitway, Fallowfield Road, Greenbank Road, Jockvale Road and Strandherd Road.

Since the tragic collision in Barrhaven on Sept. 18, 2013, there have been reports of malfunctioning signal lights on a crossing near the Fallowfield Station and, more recently, on Jockvale and Strandherd roads.

The cause of the bus-train collision is still under investigation.

Following Via's announcement, the Ottawa police also sent out a press release to say they had ended an investigation into possible mischief at the railway crossings. There was no evidence of sabotage to any rail equipment, the release said.

Apart from the Via repairs, the city is taking measures to install a new warning sign and amber signal light on the southbound Transitway.

The transit commission tabled an engineering recommendation on Wednesday, which also suggested that the speed limit on the southbound Transitway remain at 50 km/h.

The city plans to install a flashing amber beacon on the northbound Transitway.

Last week, Coun. Diane Deans, who chairs the transit commission, went so far as to say that Via Rail should end train travel along the south Ottawa railway crossings.

She backed away from that suggestion at Wednesday's meeting and told reporters she had been trying to give Via Rail "a little shot in the arm to wake up."

"I think that's an extreme measure and it would probably be a last resort — not a first resort," she said.

"But, at some point, they have to get these signals fixed."

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Host, Atlantic Voice

David Henry
Professor, University of Toronto
Senior Scientist, Institute for Clinical Evaluative Sciences

Anne Lyddiatt
Consumer Advocate, The Cochrane Collaboration

Moderator

Kathryn O'Hara
Associate Professor, Carleton University School of Journalism and Communication
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Adult arcade opens its doors in Ottawa

House of Targ.
Former warehouse and rehearsal space is transformed into a retro gem

TREVOR GREENWAY
trevor.greenway@metronews.ca

If you've always claimed to have the top score in Pac-Man when you were in high school, it's time to put your money where your mouth is.

Thursday night marks the official opening of House of Targ, a new live-music venue with vintage pinball, old-school arcade games and perogies.

"The pinball and the live music definitely complement each other very well," said House of Targ co-owner Mark McHale.

"There is an atmosphere that is created by the pinball machines."

The original House of Targ started as a warehouse and rehearsal space on Main Street where co-owner Paul Granger would host live shows.

He got his first pinball machine, a game called Targ, and all of his musician friends, including McHale and co-owner Kevin Birger, got hooked.

Live music and games

- The trio plans to host monthly pinball tournaments, retro DJ nights and a lot of live music.
- House of Targ opens to the public Thursday.

From left, House of Targ co-owners Kevin Birger, Paul Granger and Mark McHale. TREVOR GREENWAY/METRO

"We know that those two things work really well together," says Granger.

You don't have to spend too much time at House of Targ to realize that the three dudes behind it have scored a retro gem. Pinball and arcade games like Mortal Kombat and NBA Jam line the walls of the 4,000-square-foot basement on Bank Street, with a modest stage in the middle of the room.

It's hard to see anything through the dark, but once the pinball machines come to life, it's like you're in a version of Caesar's Palace, or maybe Circus Circus.

"It makes it feel like Las Vegas," says fellow co-owner Mark McHale, referring to the ambience of having a live band play music over the constant buzzards and beeps coming from the arcade.

Man gets 4 years for fatal crash

A 28-year-old University of Ottawa student was sentenced to four years in prison Tuesday after a jury found him guilty of driving drunk and killing Alexandra Dodger in a collision on Oct. 15, 2011.

Maxime Morin-Leblanc was charged with criminal negligence causing death, impaired driving causing death, and refusing to provide a breath sample after causing death.

Quoted

Alexandra Dodger was "an exceptional woman, with a bright future ahead of her."

Justice Paul F. Lalonde on his reasons for Maxime Morin-Leblanc's sentencing

Alexandra Dodger was crossing the street at the intersection of St. Patrick and Cumberland Streets when she was struck by Leblanc's Honda Accord.

Justice Paul F. Lalonde also imposed a 10-year driving ban on Leblanc.

In his reasons for sentencing, Lalonde wrote Dodger was "an exceptional woman, with a bright future ahead of her."

JOE LOFARO/METRO

Maxime Morin-LeBlanc
MIKE CARROCCETTO/FOR METRO

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NE043G114

Group gets cash to un-muzzle scientific work

Evidence for Democracy. Aim is to hook up reporters and scientists who've been ordered to keep quiet

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A national organization championing evidence-based decision-making is using its $96,000 grant from the Trillium Foundation to create a "network of experts," to help muzzled scientists get their messages out.

Evidence for Democracy is barely a year old, but with a large financial grant in the bank, executive director Katie Gibbs says the organization will be able to put muzzled scientists in touch with journalists who will tell their stories while keeping them anonymous.

Several of the scientists Gibbs is working with are employed with the federal government and are required to not talk to media.

"If anything we need more communication from scientists to the public, and not less," Gibbs told Metro Wednesday.

"We need to have an informed population who knows what is going on and can make informed choices, and the only way we can have that is if we have scientists who are able to freely communicate their work to the public."

Gibbs, who has a PhD in Biology, says she began wondering why so much research from scientists was just piling up and was never being used. She said Harper's tough-on-crime bill and mandatory minimum sentences is a perfect example of a policy that was not shaped by evidence.

"There is a lot of research in criminology fields and from looking at other jurisdictions that have done similar policies, this just doesn't work and yet those were the policies that we saw," she said.

Gibbs said the money will go into hiring a full-time employee — herself. She said the money will also go toward events, rallies and documentary screening in the region.

Evidence for Democracy executive director Katie Gibbs speaks at a Stand Up for Science rally in Ottawa last year. TREVOR GREENWAY/METRO

Ottawa golf course teeing it up for family fun

Co-owner of the Pine View Golf Course Don Costello hopes more families pick up golf this summer. TREVOR GREENWAY/METRO

You don't usually see many families out on the links, but one city golf club is trying to change that this summer.

The new owners of the Pine View Golf Course hope their Family Sundays get more kids off the couch and out of movie theatres and into the sunshine, where they will get exercise, learn a new skill and possibly sink a 40-footer.

"I know many of the kids right now, as a cheaper alternative, are sitting on the couch in front of a TV and they are working their thumbs," said Pine View co-owner Don Costello. "Let's get kids on the golf course. What can be healthier than being outside, walking, enjoying nature?"

One of the challenges of getting kids and families out to golf courses has always been money, says Costello. But with traditional sports such as hockey and soccer increasing in cost, some families can barely afford to put their kids in sports.

Golf has typically been seen as a "decadent" sport, but the club's Family Sundays, which give an adult and two kids a tee time for $25, will likely give families another option.

"The idea is that Dad or Mom can bring out two kids," said Costello.

"They can play for eight weeks throughout the summer and you are talking $200 and that's for three people to participate. So now mom and dad aren't a bystander, but they are an active participant with their children."

Costello expects to open the links next week.

TREVOR GREENWAY/METRO

Renovations

The Pine View, which was recently bought from the city, is also undergoing extensive renovations this spring with a new cafeteria, driving range and other upgrades.

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HEY, YOU GUYS!

There's actually a mature political side to this former Goonies star

ASTIN COMING TO OTT

LUCY SCHOLEY
lucy.scholey@metronews.ca

When Sean Astin visits Canada for Comic Con events, his fans don't always nail him down as a barefooted hobbit, an adventure-seeking kid or an aspiring football player.

While The Lord of the Rings, The Goonies and Rudy are the actor's best-known films, Astin said Canadian fans tend to bring up his "post-adolescent" films like 50 First Dates and Toy Soldiers.

"It's funny," said the 43-year-old, who will be landing in Ottawa in May for the capital's Comic Con. "There's sort of a handful of movies that people will bring up every time that you might not know."

It will be Astin's first time in Ottawa. So perhaps there will be a few government types, among the hardcore fans, who will talk to him about politics, not films. After all, Astin is a well-known Democrat, who openly supported Hillary Clinton and John Kerry and he has a political radio talk show, Vox Populi, going into its second season. It's a forum for people of all political stripes to phone in and talk politics.

It's less like the stereotypical Fox News screaming matches and more about "civil discourse," said Astin.

"It's strikingly Canadian, in that sense," he says. "The rule is, people must be respectful of each other."

That's not surprising for someone known for good-guy roles like Samwise and Rudy.

If Astin meets Bill O'Reilly types on his show or in person, he said, he responds politely. At a recent Comic Con event, somebody with a camera grilled him about whether he bought into Obamacare.

"I just said, 'I'm actually covered through the Screen Actors Guild Plan,'" Astin said, with a laugh. "If people ask me questions, I do my best to answer them, as long as they're being courteous."

Filmography

Here are a few flics starring Sean Astin:

- The Goonies
- Like Father Like Son
- Memphis Belle
- Toy Soldiers
- Rudy

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Only 20 medicinal pot growers approved so far

Trippy transition. New licensing scheme meant to force medicinal pot users to buy from federally authorized producers

The federal government has received hundreds of applications from pot producers seeking to become licensed marijuana growers under the Conservatives' new scheme, but has processed fewer than two dozen so far.

In a formal written response last week to Liberal MP Hedy Fry, Health Minister Rona Ambrose provided a snapshot of the rocky transition to a new legal scheme that has cost nearly $2 million and was stalled by a court injunction three weeks ago.

Ontario leads the way in the number of applications, as well as the number of producers — nine — licensed to date.

Applications received vs. approved licences

- **Ont.:** 146 (9 licensed)
- **B.C.:** 120 (6 licensed)
- **Que.:** 24 (1 licensed)
- **Alta.:** 18 (none licensed)
- **Man.:** 11 (1 licensed)
- **N.S.:** 7 (none licensed)
- **Sask.:** 7 (2 licensed)
- **N.B.:** 6 (1 licensed)
- **N.L.:** 3 (none licensed)
- **P.E.I.:** 2 (none licensed)

The new licensing scheme is meant to force medicinal pot users to buy from federally authorized producers, and to disallow individuals from growing it themselves or having someone grow for them — a system the government said was open to abuse.

On March 21, a Federal Court judge in B.C. ruled that those who hold a personal production license could continue to do so while a court challenge is underway.

Fry, a doctor and MP for Vancouver-Centre, says the new numbers prove the federal court gave Ambrose an inadvertent "reprieve" because it is clear her department does not have the resources to adequately implement the new system.

The old program had been set to end on March 31.

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Riding out the flood

Dave Patel, 11, rides his bike near the Stoco Lake park in Tweed, Ont., north of Belleville, on Wednesday. LARS HAGBERG/THE CANADIAN PRESS

Bash en Blanc

Snowsuit Fund fundraiser promises to heat up

The Snowsuit Fund's annual fundraiser the Bash en Blanc will happen this year at the Lago Bar and Grill at Dow's Lake and will cater to a decidedly younger crowd with entertainers such as hip hop violinist SVET, DJ Tom Hanks and DJ Greeze.

More information about the event will be available at the snowsuitfund.com.

METRO

OC Transpo buses

Bike racks to make a comeback

It might be too chilly for many Ottawa cyclists to bust out their two-wheeled rides, but it's the right season for OC Transpo buses to re-install bike racks.

Anyone thinking about dusting off the bike for daily work commutes might plan for April 20. That's when the racks are making a comeback on bus fronts.

There more than 540 OC Transpo buses — out of about 800 — that carry the special racks. Each can hold two bikes. LUCY SCHOLEY/METRO

Man gets six months for OC Transpo driver attack

March 2013 incident.
A 51-year-old was sentenced to jail for shoving and punching a driver, causing the bus to swerve into traffic

A judge sentenced a "pathetic" 51-year-old man Wednesday who pled guilty to assaulting an OC Transpo bus driver to six months of jail, which is half the time his own lawyer asked for.

The surprising sentence came five days after Patrick Guitard's guilty plea and courtroom apology for the March 3, 2013 incident.

An "extremely intoxicated" Guitard boarded a bus on Waller Street around 7 p.m. Driver Ian Hodge discerned from a "mumbling" Guitard was unable to pay the fare so he let him ride for free, according to Justice David M. Paciocco's sentencing report.

Guitard told the driver he wanted to get off at Bronson Avenue, however, the bus had already passed that stop by that point.

Guitard started swearing before he shoved and punched Hodge in the shoulder, causing the bus with about 35 passengers on board to swerve into oncoming traffic, according Paciocco's.

Although the judge characterized the assault as minor, he found the attack was "reckless and irresponsible" because it put several other lives at risk.

Guitard's lengthy criminal record, which dates back to 1979 and includes 17 assault convictions, was one of the aggravating factors in Paciocco's sentence.

"Mr. Guitard is the kind of nuisance offender that frequently populates our court," wrote Paciocco. "Most of the 150 or so criminal convictions on his record are the kind of minor, opportunistic or impulsive acts frequently committed by destitute, addicted and self-destructive offenders."

The judge also sentenced Guitard to 12 months of probation. The accused will serve his sentence at the St. Lawrence Valley Treatment Centre.

JOE LOFARO/METRO

That's a paddlin'

Tim Bowstead paddleboards off the icy shore of Bate Island on the Ottawa River in Ottawa on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Guilty in 4 cases

Woman accused of poisoning 8 kids, 1 adult takes plea deal

An Ontario woman who had been accused of poisoning eight children and an adult with eyedrops has pleaded guilty in four of the cases.

Brendan Crawley of the attorney general's ministry says Christine Allen, 32, pleaded guilty Tuesday in Kitchener to four counts of administering a noxious substance with intent to cause bodily harm.

The judge accepted the resolution jointly proposed by the Crown and defence, and Allen was sentenced to six years in prison less time in pretrial custody, leaving four years and 11 months to be served.

The victims were all residents of Kitchener or Guelph.

THE CANADIAN PRESS

Jennifer Pan trial

Daughter accused of killing mother, trying to kill father felt 'trapped'

A woman accused in the killing of her mother and attempted murder of her father during an apparent home invasion felt trapped by her strict parents, a court heard Wednesday.

In a videotaped statement played for court, Jennifer Pan told a police investigator how her parents had made her break up with her boyfriend and move back home.

"I felt that a part of me was missing," Pan tells the officer. "It wasn't the best feeling in the world, because I was sort of trapped."

Pan, 27, and four others were charged with first-degree murder and attempted murder following the attack at the family home in Markham in 2010. THE CANADIAN PRESS

Political players of all stripes gather to bid Flaherty farewell

State funeral. Harper opens the proceedings with personal tribute to late finance minister

Christine Elliott is escorted by her son Galen as they follow the casket bearing their husband and father, Jim Flaherty, following his state funeral in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

A gallery of political luminaries from all sides of the partisan divide gathered at a cavernous Toronto cathedral Wednesday to set aside their differences and pay final respects to former finance minister Jim Flaherty.

Mourners donned green scarves, a tribute to Flaherty's Irish heritage, inside St. James Cathedral as they celebrated the diminutive, combative politician, who died of a heart attack last week at the age of 64.

Prime Minister Stephen Harper began the proceedings with a personal tribute to his longtime political confidante.

Directly addressing Flaherty's wife, Christine Elliott, and the couple's triplet sons, Harper said, "We have lost a partner in politics, but you have lost a partner in life."

Harper kept his composure throughout most of what turned out to be a cheerful, lighthearted look back on the time he and Flaherty shared together in power on Parliament Hill.

"Occasionally, I imposed a final decision," Harper said of their periodic cabinet-table disputes.

"Occasionally I decided he was probably right. And occasionally, I decided he was wrong, but let him have his way because I just got so damn tired of arguing with him."

But as Harper's eulogy ended, he had to compose himself as he described the day he accepted Flaherty's resignation.

"I told Jim that he had truly been over these eight years, in my judgment, the best finance minister in the world, if not indeed the best in our history," Harper said.

"I also wished him well in his next career … and I told him not to be a stranger."

Liberal Leader Justin Trudeau, NDP Leader Tom Mulcair and former prime ministers Brian Mulroney, Kim Campbell and John Turner were among those on hand for the funeral, alongside federal cabinet ministers including John Baird, Peter MacKay and Chris Alexander.

Flaherty's state funeral is the first such honour since 2011, when former NDP leader Jack Layton was laid to rest.

THE CANADIAN PRESS

Quoted

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Prime Minister Stephen Harper

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Calgary remains in shock as stabbing suspect set to undergo psychiatric exam

Women cry and hug beside a makeshift memorial near the scene of the multiple fatal stabbings in Calgary on Wednesday. LARRY MACDOUGAL/THE CANADIAN PRESS

Ernie Hagel has had plenty of experience with death during his 43 years as a funeral director, but he's struggling to deal with the loss of one of his promising young employees.

Jordan Segura was one of five young people stabbed to death at a house party in Calgary early Tuesday morning. He had worked for McGinnis and Holloway Funeral Homes in the city over the last year.

"Our staff are devastated," Hagel said Wednesday. "We've tried to deal with this, but when it hits home it hits hard. If it doesn't, it's time to get out of the funeral business."

Segura was attacked along with Zackariah Rathwell, Josh Hunter, Lawrence Hong and Kaiti Perras. All were in their 20s. All were at a party marking the end of classes at the University of Calgary.

Matthew de Grood, 22, has been charged with five counts of first-degree murder, and has been transferred to a Calgary psychiatric facility.

Lawyer Allan Fay said a justice of the peace ordered his client to receive a psychiatric assessment. Fay said he has spoken to his client, and de Grood was doing as well as could be expected.

"He was lucid, at least he seemed lucid to me. He seemed to understand what was going on to the best of someone's abilities," Fay said. "It's going to be a very difficult case indeed."

The Calgary home where the attack took place was surrounded with police tape Wednesday and the street remained closed. Flowers were piled under a tree in a makeshift memorial. There were also hand-scrawled notes and a candle paying tribute to the dead.

One read, "Heaven has five new angels." THE CANADIAN PRESS

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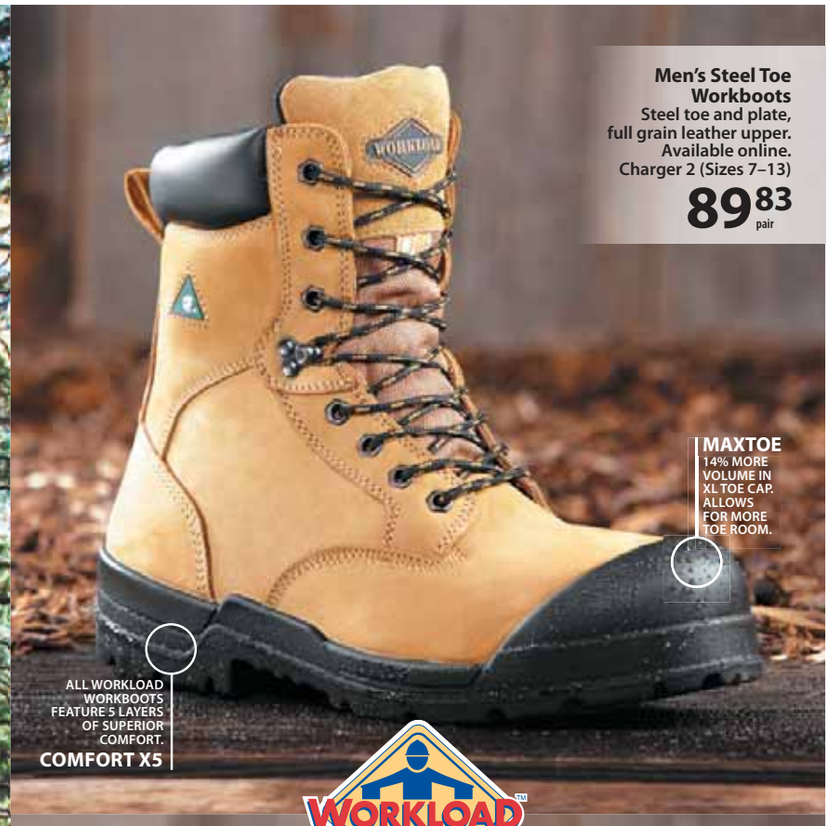

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Scan the photo below with your Metro News app to see a photo gallery of the rescue efforts in the South Korea ferry sinking.

South Korean ferry disaster

Near Jindo. Over 280 were missing; many had been trapped inside the boat as water rushed in; the tilt kept them from reaching exits

A ferry carrying 462 people, mostly high school students on an overnight trip to a tourist island, sank off South Korea's southern coast on Wednesday, leaving more than 280 people missing despite a frantic, hours-long rescue by dozens of ships and helicopters. At least four people were confirmed dead and 55 injured.

The high number of people unaccounted for — likely trapped in the ship or floating in the ocean — raised fears that the death toll could rise drastically, making it one of South Korea's biggest ferry disasters since 1993, when 292 people died.

One student, Lim Hyung-min, told broadcaster YTN after being rescued that he and other students jumped into the ocean wearing life jackets and then swam to a nearby rescue boat.

"As the ferry was shaking and tilting, we all tripped and bumped into each another," Lim said, adding that some people were bleeding. Once he jumped, the ocean "was so cold.... I was hurrying, thinking that I wanted to live."

Local television stations broadcast live pictures of the ship, Sewol, listing to its side and slowly sinking as passengers jumped out or were winched up by helicopters. At least 87 vessels and 18 aircraft swarmed around the stricken ship. Rescuers clambered over its sides, pulling out passengers wearing orange life jackets.

But the ship overturned completely and continued to sink slowly. Within a few hours only its blue-and-white bow stuck out of the water; 160 coast guard and navy divers searched for survivors inside the wreckage.

THE ASSOCIATED PRESS

The South Korean coast guard tries to rescue passengers from the ferry Sewol off the southern coast near Jindo, south of Seoul, Wednesday. Dozens of boats, helicopters and divers scrambled to rescue more than 470 people, including 325 high school students.

HYUNG MIN-WOO/YONHAP/THE ASSOCIATED PRESS

South Korea

Ferry tragedy could be one of country's worst

Yonhap news agency said the 146-metre-long ship, which travels twice a week between Incheon and Jeju, was built in Japan in 1994 and could carry a maximum of 921 people, 180 vehicles and 152 shipping containers.

The water temperature in the area was about 12 C, cold enough to cause hypothermia after 1 1/2 hours of exposure.

The two previous deadliest ferry disasters were in 1970 when 323 drowned and 1993 when 292 died.

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Eastern Canada wades in deep waters

Floods. Several cities have declared a state of emergency

Rain, melting snow and ice-choked rivers forced waters in parts of Eastern Canada to rise Wednesday, submerging roads, filling basements and knocking out power as officials told people to prepare in case they had to seek higher ground.

"Our roads are impassable," said Steven Gillies, mayor of Sussex Corner. The village, located about 120 kilometres east of Fredericton, declared a state of emergency as waters flooded about 120 homes, he said.

Dozens of other homes were flooded in the neighbouring town of Sussex after the Trout Creek spilled its banks, Mayor Marc Thorne said.

"The Trout Creek has breached its banks at a height we haven't seen in many decades and a lot of subdivisions in town are impacted," he said

An ice jam knocked out several power poles in the western New Brunswick town of Woodstock, taking with it the electrical system leading to town's water wells, said Ken Harding, the town's chief administrative officer. As a result, a boil-water order was issued though a diesel pump was started to restore water supply.

The situation was similar in Quebec, where several rivers overflowed their banks, forcing evacuations in multiple communities. High water levels have caused states of emergency in some eastern Ontario towns, including the city of Belleville. THE CANADIAN PRESS

Keegan Worden, left, and David Clement check on a flooded Tim Horton's location along Main Street in Sussex, N.B. DAVID SMITH/THE CANADIAN PRESS

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Regina

Teen faces charges after stabbing four

A 15-year-old boy faces charges of aggravated assault and assault with a weapon after four people were injured in a stabbing at a mall in Regina.

Police say a teenager entered the Cornwall Centre on Tuesday evening and began randomly attacking people with a knife.

Deputy police chief Bob Morin says this was a "spontaneous" attack. The victims do not have life-threatening injuries, police say. THE CANADIAN PRESS

New York

NYPD to stop tracking Muslims

Muslim and civil liberties groups applauded a decision by New York police officials to disband a unit that tracked the daily lives of Muslims.

The Demographics Unit assembled data on where Muslims lived, shopped, worked and prayed. Officers infiltrated student groups and put informants in mosques. Mayor Bill de Blasio said the move is critical for easing tensions between the police and communities. THE ASSOCIATED PRESS

Royals all over Down Under

Britain's Kate, Duchess of Cambridge, holds her son, Prince George, after arriving in Sydney on Wednesday. Prince William and Kate are on a three-week tour of Australia and New Zealand, the first official trip overseas with their young son, Prince George.

ROB GRIFFITH/THE ASSOCIATED PRESS

U.S. gun-control advocates soften their goals

Election season.
Senator hopes to add convicted stalkers to the list of criminals barred from getting guns

Democratic worries about this November's elections, a lack of Senate votes and House opposition are forcing congressional gun-control supporters to significantly winnow their 2014 agenda, a year after lawmakers scuttled President Barack Obama's effort to pass new curbs on firearms.

Senate Majority Leader Harry Reid, a Democrat, recently said he needs additional votes before revisiting a proposed expansion of gun sale background checks that the Senate derailed last April. That has left advocates of tighter gun curbs hoping Reid will allow votes on more modest proposals, such as one by Sen. Amy Klobuchar, a Democrat, to add convicted stalkers to the list of criminals barred from acquiring guns.

But with Reid wary of exposing Democratic senators facing tight re-election contests in some conservative and Western states to politically risky votes — and the Republican-run House showing no appetite to restrict guns anyway — people aren't holding their breath waiting for proposed gun restrictions to reach the Senate floor before Election Day.

"This kind of change doesn't happen overnight," said Dan Gross, president of the Brady Campaign to Prevent Gun Violence. "There are obviously a lot of other considerations and variables in play here, like elections."

Klobuchar's bill on stalkers would play into Democrats' campaign-season theme of pushing legislation that appeals to women, a key Democratic voting bloc. THE ASSOCIATED PRESS

Filipino policemen observe Lent

Filipino policemen carry wooden crosses to reenact the suffering of Jesus Christ as part of their observation of Lent along a road in suburban Quezon city, north of Manila, Philippines, during Holy Wednesday. Devotees practice different religious rites to atone for their sins and pray for more blessings during the Holy Week in this predominantly Roman Catholic country. AARON FAVILA/THE ASSOCIATED PRESS

Marathon bombing

No evidence suspect knew of brother's role

Federal prosecutors have told a judge they have no evidence that Boston Marathon bombing suspect Dzhokhar Tsarnaev knew about his brother's alleged role in a triple slaying in Waltham, Mass. two years before the bombings.
THE ASSOCIATED PRESS

Backpack blunder

Boston arrest leads to psych ward

The man arrested near the Boston Marathon finish line carrying a backpack containing a rice cooker on the anniversary of the bombings was sent to a state psychiatric facility for an evaluation Wednesday following his initial court appearance. Kevin "Kayvon" Edson, 25, was sent to Bridgewater State Hospital and ordered held on $100,000 bail.
THE ASSOCIATED PRESS

Tensions intensify in east Ukraine

Slovyansk. Central government further marginalized after latest incursion

A column of armoured vehicles flying Russian flags drove into a Ukrainian city controlled by pro-Russian insurgents Wednesday, dampening the central government's hopes of re-establishing control over restive eastern Ukraine.

Still, it was far from clear just who these mostly masked men were and what their presence meant for eastern Ukraine, which has seen a surge of support for closer ties with Russia and against the new government in Kyiv, which wants closer links to Europe.

Insurgents in the city of Slovyansk last weekend seized the police headquarters and the administration building, demanding broader autonomy for eastern Ukraine and closer ties with Russia. One of the men on the vehicles, who identified himself only as Andrei, said the unit was part of Ukraine's 25th Brigade of Airborne Forces and that they had switched to the pro-Russian side. The military insisted the armed men seen on APCs in Slovyansk were not Ukrainian forces.

In Slovyansk, a city 160 kilometres from the Russian border, the armoured vehicles stopped near a government building and flew Russian flags while residents chanted "Good job! Good job!"

Some onlookers were happy with the pro-Russian forces.

"We will never allow the fascist Kyiv authorities to come here," said Andrei Bondar, 32, a Slovyansk resident.

But Tetyana Kustova, a 35-year-old sales clerk, was appalled by the unrest. "They are pushing us toward Russia," she said. "They are tearing Ukraine into pieces." THE ASSOCIATED PRESS

Soldiers of the Ukrainian Army sit atop combat vehicles as they are blocked by people on their way to the town of Kramatorsk on Wednesday. The central government has been unable to rein in the pro-Russian forces, who it says are demanding broader autonomy and closer ties with Russia. EFREM LUKATSKY/THE ASSOCIATED PRESS

'Different assessments'

World reacts to the crisis

German Chancellor Angela Merkel called Russian President Vladimir Putin to discuss the events in Ukraine and preparations for diplomatic talks in Geneva on Thursday.

The Kremlin said Putin told Merkel that the escalation of the conflict places Ukraine "on the verge of a civil war." Merkel's office said she and Putin had "different assessments" of the events.

NATO Secretary General Anders Fogh Rasmussen said NATO aircraft will fly more sorties over the Baltic region and allied ships will deploy to the Baltic Sea, the Mediterranean and elsewhere . Western nations fear that Moscow will use unrest in eastern Ukraine as a pretext for a military invasion. THE ASSOCIATED PRESS

Afghanistan. Female parliamentarian shot in apparent 'political' attack

A female Afghan lawmaker was wounded in a shooting that her sister called a political attack, but which the government on Wednesday described as resulting from an undetermined personal dispute with a police officer.

Maryam Koofi was recovering in a Kabul hospital from after being shot twice in the leg the previous night as she left her office. Her bodyguard was more seriously wounded with shots to his head and leg.

It was the second attack in a day on a high-profile figure in the capital. On Tuesday morning, Afghanistan's deputy public works minister was abducted from his car on his way to work.

Koofi is a parliamentarian from the northern province of Takhar. Her sister, Fawzia Koofi, is also a member of parliament and a well-known women's rights activist.

Fawzia said her sister told her she was just getting into her car after dark when an unseen attacker fired.

She said she was convinced the shooting was an act of political intimidation by those who oppose the rights women have been granted since the fall of the hard-line Islamic Taliban government.

"By attacking a woman politician, they actually create a more terrorizing environment for women," said Fawzia, who herself survived a shooting attack on her car in 2010.

"I don't know who was behind this attack — but I know that it was political."

Afghanistan's Ministry of Interior, however, identified Maryam Koofi's shooter as a police officer. A ministry statement said that two were in a "dispute" and that the policeman, who was not named, is under investigation.

Fawzia said her sister had no personal disputes and saw no police in the area when the shooting began.

For five years, the Taliban imposed a strict interpretation of Islam that banned women from working and going to school, or even leaving home without a male relative.

In public, all women were forced to wear a head-to-toe burqa, which covers even the face with a mesh panel. Violators were publicly flogged or executed.

THE ASSOCIATED PRESS

Humanitarian aid

UN seeks aid funds for refugees

The United Nations and 14 other humanitarian groups launched an appeal for $274 million Wednesday to help people who have fled the Central African Republic due to sectarian conflict.

The U.N. refugee agency said that since December nearly 200,000 people have sought refuge, and that figure is expected to rise to over 360,000 by the end of the year. The money sought will be used to pay for shelter, food, water, health care, and basic needs.

THE ASSOCIATED PRESS

India

Train derailment causes headaches

A passenger train derailed in northeastern India early Wednesday, and dozens of passengers suffered minor injuries.

The cause of the derailment was not known, but railway authorities ordered an investigation. Railway accidents are common in India, which has one of the world's largest train networks. THE ASSOCIATED PRESS

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Sequim, Washington

Kidnapping faked

A minivan with two masked men pulled up to a Washington park and one man jumped out, grabbed a toddler and took off. He was the boy's father. He later returned and explained he was creating a video for social media on child abduction prevention and awareness.

Police arrived while filmmakers apologized to irate witnesses. They are investigating possible charges.

THE ASSOCIATED PRESS

Lincoln, Nebraska

The Claw takes child

A toddler has been reunited with his mother after employees found him playing with toys inside a claw crane machine at a bowling alley across the street from his home.

A representative from the vending machine company let him out unhurt and he was reunited with his mother a short time later. THE ASSOCIATED PRESS

Good clean horseplay

Jambo, bottom, a male zebra born last December, plays with his mother as he enjoys the outdoor enclosure while shown to public for the first time at the zoo in Wuppertal, Germany, on Wednesday.

FRANK AUGSTEIN/THE ASSOCIATED PRESS

N. Korea bristles at London salon

'Bad hair day?' Poster ignites diplomatic row

North Korea has made a diplomatic appeal to the British government to get a London salon out of its hair.

The country's diplomats have complained to the Foreign Office about a hairdressing salon that put up a poster poking fun at distinctively coiffed North Korean leader Kim Jong Un.

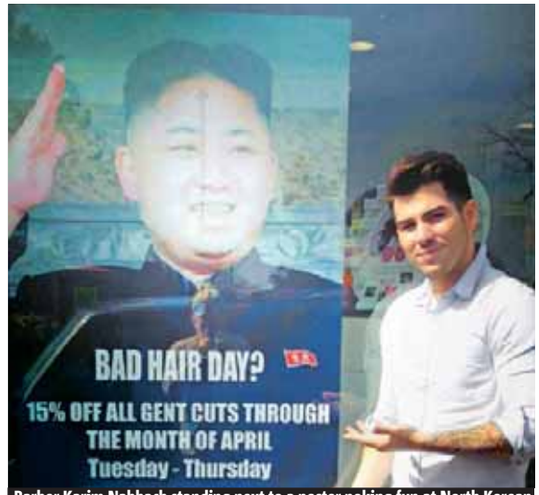
Staff at M&M Hair Academy say they were visited by diplomats from the embassy after putting up a poster last week featuring a picture of Kim — who sports a distinctive short-back-and-sides 'do — and the slogan "Bad Hair Day?"

He said staff refused the diplomats' request to remove the poster and had reported the incident to police.

Police said they had spoken to both parties and determined no crime had been committed.

The embassy didn't immediately respond to a request for comment.

THE ASSOCIATED PRESS



Barber Karim Nabbach standing next to a poster poking fun at North Korean leader Kim Jong-un unusual hairstyle. M&M HAIR ACADEMY/THE ASSOCIATED PRESS

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Suspect in baby deaths had births at home

Booking photo of Megan Huntsman.
COURTESY UTAH COUNTY SHERIFF

Secret pregnancies.
Neighbours remember weight fluctuations and toggling between baggy, tight clothes

A woman accused of concealing seven pregnancies before strangling or suffocating her newborns gave birth each time in her home, authorities said Wednesday.

Investigators have determined that Megan Huntsman, 39, did not go to a hospital to have the babies, Police Capt. Mike Roberts said.

After her estranged husband discovered one of the infant corpses in the garage this past weekend, Huntsman acknowledged to police that she killed six of the babies over a decade from 1996 to 2006. She told police one of the babies was stillborn.

The investigation

Utah investigators are examining DNA from the babies to determine who the parents are, studying the bones to find out how long ago the babies died and have questioned family members and neighbours in pursuit of clues about how she did it.

- They are trying to determine why she did it and who else, if anybody, knew about it.

Roberts said Huntsman also hid her pregnancies with her two oldest daughters, now in their early 20s, from extended family until she was at the hospital. Neighbours have said they never knew she was pregnant.

Her husband, Darren West, told police in his initial interview that he knew nothing about the pregnancies. He has since obtained an attorney and investigators haven't spoken with him again, Roberts said.

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1979 oil-crisis warning.
PM's office scolds Carter over Keystone opposition

The Keystone XL pipeline issue has created a tiff between a former U.S. president and the Canadian government.

The Prime Minister's Office reacted swiftly Wednesday to a letter signed by Nobel laureates, including Jimmy Carter, urging U.S. President Barack Obama to reject the pipeline.

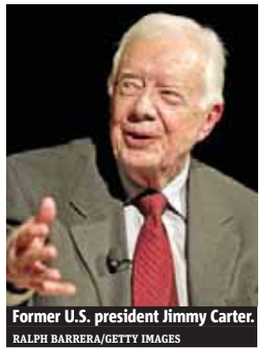
Prime Minister Stephen Harper's office warned: Remember 1979.

It was a reference to the dip in oil supply which followed the Iranian revolution and touched off a global panic. Prices spiked and long lines formed at gas stations, helping destabilize Carter's one-term presidency.

"Mr. Carter knows from his time as president during the 1979 energy crisis there are benefits to having access to oil from stable, secure partners like Canada," the PMO said.

The statement also cited multiple reviews by the U.S. State Department which said the project would create thousands of construction jobs without an impact on the environment.

It was during the 1979 crisis that Carter delivered a memorable televised speech — the so-called "Malaise" address. He asked Americans to avoid unnecessary trips, use carpools and public transit whenever necessary, follow the speed limit and lower their thermostats. He called energy conservation "an act of patriotism" and said it would help the poorest Americans cope with the price shock.



Former U.S. president Jimmy Carter.
RALPH BARRERA/GETTY IMAGES

In that same speech, Carter stressed the need to become more energy self-reliant — by building pipelines when possible and tapping the nation's abundant shale resources.

THE CANADIAN PRESS

Mexico

No. 2 in drug cartel arrested

Mexican police say they have captured a man identified as the second highest ranking figure in the once-powerful Beltran Leyva drug cartel.

The head of Mexico's federal police said Wednesday that suspect Arnoldo Villa Sanchez was arrested the day before in Mexico City.

Monte Alejandro Rubido said Villa Sanchez operated out of Mexico's capital and answered only to cartel leader Hector Beltran Leyva.

The cartel's importance diminished after the arrest of one of the Beltran Leyva brothers and the death of another in a shootout with Mexican marines in 2009.

Federal police captured Villa Sanchez in an upscale neighbourhood along with another man, two guns and several packages of synthetic drugs.

THE ASSOCIATED PRESS

Gay rights. Group urges IOC to rule out host cities with discriminatory laws

More than 100,000 members of an international gay rights group have sent messages to the IOC urging changes to ensure that future Olympic host countries do not have discriminatory laws on their books.

The group All Out reiterated its call on the International Olympic Committee to overhaul its selection process, citing the controversy that surrounded the Winter Games in Sochi over Russia's gay "propaganda" laws.

All Out says it delivered its message before Tuesday's deadline for public submissions on "Olympic Agenda 2020," IOC president Thomas Bach's project for reforms that will be voted on in December in Monaco. THE ASSOCIATED PRESS

Ethiopia

Anti-gay rally cancelled

A planned anti-gay rally that would have made Ethiopia the latest African country to demonize gays has been cancelled, officials said Wednesday. Plans by the legislature to add gay sex to a list of crimes not eligible for presidential pardons has been dropped, said a government spokesman. THE ASSOCIATED PRESS

North Dakota

Judge overturns strict abortion law

A federal judge on Wednesday overturned a North Dakota law banning abortions when a fetal heartbeat can be detected, as early as six weeks into pregnancy and before many women know they're pregnant. U.S. District Judge Daniel Hovland said the law is "invalid and unconstitutional."
THE ASSOCIATED PRESS

Bosnians come see family unearthed from mass grave

Mourners' statements will help prosecute. Former Bosnian Serb Gen. Ratko Mladic is being tried on war crimes charges

Bosnian woman Denisa Hegic looks at remains of her family members in Sejkovaca identification center, near the Bosnian town of Sanski Most, 260 kilometers northwest of Sarajevo, Wednesday. AMEL EMRIC/THE ASSOCIATED PRESS

Denisa Hegic pulled her scarf around her nose to guard against the stench, and drew back the plastic shroud. Shaking, she reached down to touch her mother's skull, and caressed it.

The last time she touched her mother she was bleeding on the floor of the family home, slain by Bosnian Serb soldiers storming their tiny village in northwestern Bosnia. On Wednesday, mother and daughter were reunited in a cavernous building used to house the remains of victims newly excavated from the mass grave in Tomasica, 200 kilometres northwest of Sarajevo.

"I found her body," she said.

Hegic's experience is being repeated this week by many survivors of Bosnia's 1992-1995 war, as experts begin allowing families to view the remains meticulously pulled from the earth and identified through DNA analysis. Hundreds of families are expected to make the sad pilgrimage to see the dead.

So far, 430 victims were found in the Tomasica grave, a vast pit 10 metres deep and covering 5,000 square meters. The pit contains victims of Bosnian Serb military units who killed Muslim Bosniaks and Roman Catholic Croats in hopes of creating an ethnically pure region.
THE ASSOCIATED PRESS

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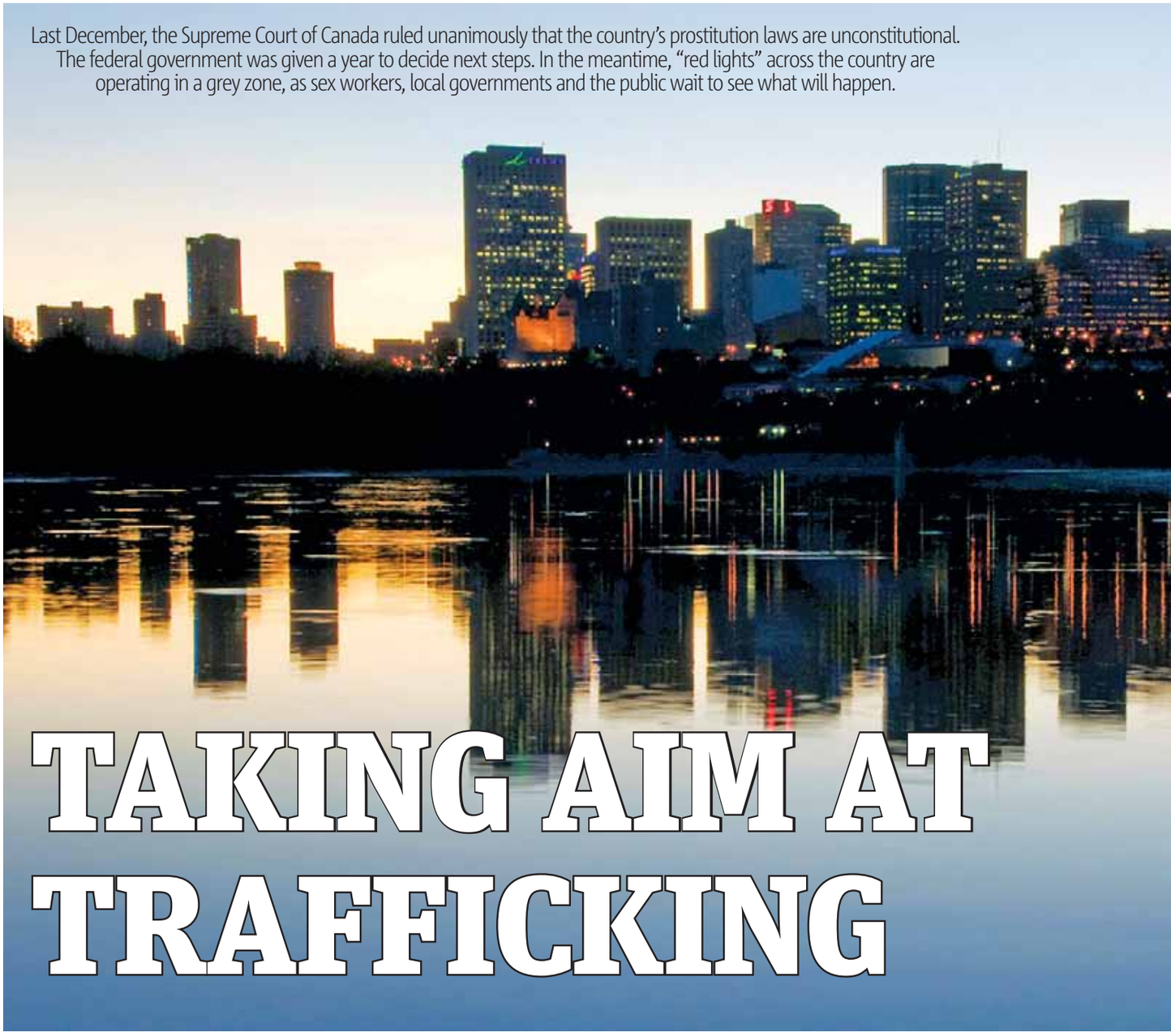
Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.



TAKING AIM AT TRAFFICKING

For the final day of our three-part series, Metro Canada speaks with police, counsellors and anti-exploitation advocates working on the front lines to try to ensure body rub workers in Edmonton have the proper abuse-prevention resources available. They all admit it's hard to pin down the number of criminal acts being committed on a daily basis due to the secretive nature of the sex industry

LEAH GERMAIN
Metro in Edmonton

For Edmonton police Det. Steve Horchuk, building trust is the cornerstone of his job, especially when it comes to working with women at body rub parlours. The city's regulated parlours make up the largest and most consistent group of sex workers in Alberta's capital, he says.

Working with his fellow officers on the Edmonton Police Service vice unit, Horchuk's days are spent building bonds, breaking down barriers and offering sex workers an outlet to talk about abuse or exploitation.

"We are looking for human trafficking. We are looking for underage girls and women getting ushered into the business," Horchuk says in a matter-of-fact tone. "Any sort of oppressive environment."

He said the reason for relationship building is simple: By educating sex workers about the risks involved in the industry, women can start to distinguish what's criminal and what's not.

"Sex workers will often deal with it on their own, without realizing they're being victimized," Horchuk says, adding it's almost impossible to know precisely how much crime or abuse might be happening at body rub parlours.

"We think, anecdotally from the women disclosing how many customers try and force anal intercourse, or try and force no contraception or they get rough and punch, choke or do things that are not consensual, that happens quite frequently."

Andrea Burkhart, executive director of ACT Alberta — an advocacy group that works with police and other local stakeholders to address human trafficking — is also committed to building trust with potential victims of the sex industry, particularly human trafficking.

"It's very hard to see human trafficking at first glance," Burkhart said. "People who've been trafficked often don't self-identify and (they) deny they've been trafficked."

While experts are unable to pin down the number of times women are trafficked into the sex industry through body rub parlours, Burkhart said building trust between sex workers and law enforcement is the first step to identifying the problem.

"There is still a lot that needs to be uncovered," she said. "As education and awareness increase, I think we are going to see more reports of human trafficking in general.

"We are hopeful those who have been trafficked in massage parlours know there is assistance for them should they come forward and seek help."

Waiting for the other shoe to drop

"As education and awareness increase, I think we are going to see more reports of human trafficking in general."

ACT Alberta executive director Andrea Burkhart

'Do you see me?'

A poem from former sex trade worker "Julie," provided by the Centre to End All Sexual Exploitation.

I work at the massage parlour you go to. Do you see me?

You come in and I catch a glance of you. I think I know you. I quickly run to the back room. Do you see me?

I check the camera. I don't recognize you, so I get ready to greet you with the other girls. We meet and you look at me leeringly. I tell you my fake name. I'm apprehensive. Do you see me?

I smile and exit before the next girl introduces herself. You tell her you want a session with me. She calls me back and appears upset that you chose me. She intimidates me and I'm scared of her. Do you see me?

We enter the room and you tell me you don't quite have the amount of money I quoted and ask for a 'deal.' I oblige. I feel cheapened. Do you see me?

I start to take my clothes off for you. I'm uncomfortable. I'm ashamed. Do you see me?

You start touching me and my skin starts to crawl. I feel myself pull away for a moment. Do you see me?

You ask if I enjoy what you are doing to me. I smile and say I do even though it's a lie. Do you see me?

You finish and tell me that you had a great time. I say I did too. Another lie. Do you see me?

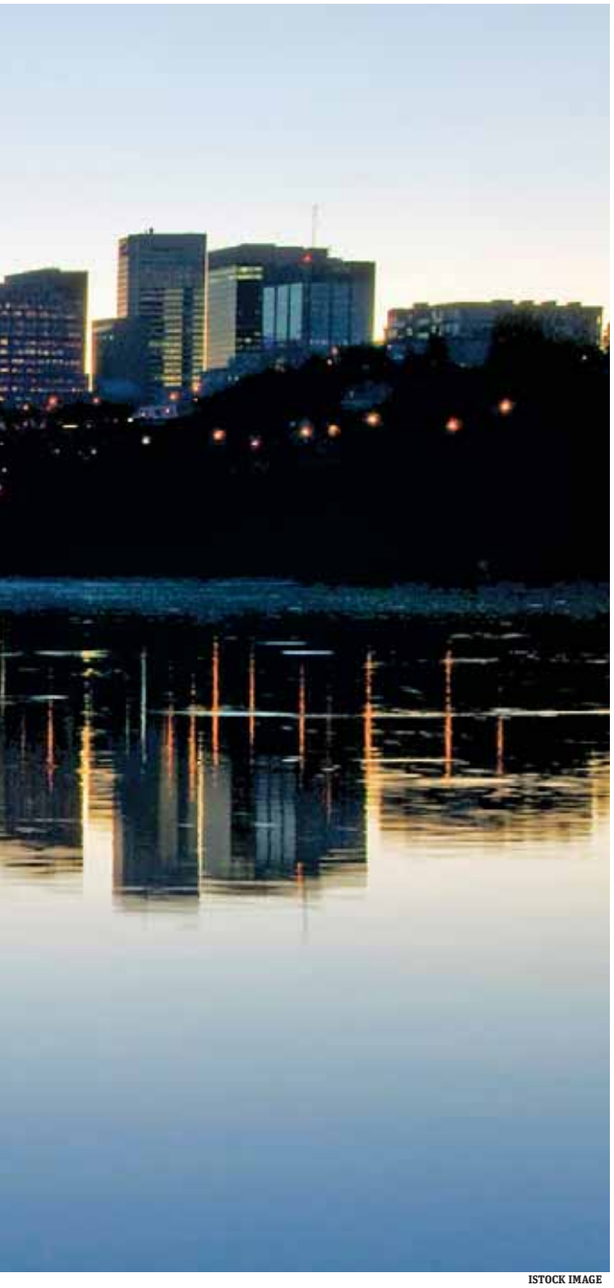
You ask if I genuinely like my job. I tell you I love my job. I'm lying again. Do you see me?

You tell me you will come back and visit me again. I force a smile but I am dreading that day. Do you see me?

As you exit the parlour, I get tears welling up in my eyes. I feel objectified, de-humanized. Do you see me?

You leave and I prepare to meet the next guy who is already waiting, all the while wondering, Did you see ME?

Don't buy women, Don't buy the lie.



ISTOCK IMAGE

Edmonton police are trying to forge relationships with massage sex workers so women in danger don't feel like they have to deal with issues on their own. METRO

In a parlour or on the street, 'it is still sexual exploitation'

Hidden victims.
Despite regulations, abuse and exploitation still prevalent at body rub parlours, former vice detective says

LEAH GERMAIN
Metro in Edmonton

When it comes to the economics of body rub parlours, many sex workers advocate that it's time to stop thinking of them as a commodity and address the issue of supply and demand.

"At the core, it's a women's equality issue and a poverty issue," said Kate Quinn, the executive director for the Centre to End All Sexual Exploitation in Edmonton.

Working with sex workers on a daily basis, Quinn said one of the greatest issues facing the sex industry is a living wage for women. "When there is no livable wage option, women turn to the commercial sex industry and that's what we need to change," she said.

Acknowledging the struggles on the supply side of the equation — the women in the industry — Quinn said the impact body rub parlours have on demand — those paying for their services — is often overlooked.

"Women I have worked with in the commercial sex industry have said 90 per cent of their customers were married men, that money paid to those women came from their family economy," Quinn said.

"We never talk about the buyer's side. We never talk about the hidden victims — the buyer's family, children."

Like Quinn, JoAnn McCartney, a former Edmonton Police Services vice detective and current anti-prostitution advocate and counsellor, said even though body rub parlours are largely regulated, exploitation and abuse is an ongoing issue for sex workers.

From her own experiences visiting parlours as a police officer, and from stories shared with her by body rub workers, McCartney said she sees very little differentiation between street sex workers and women working in parlours.

"The women working in there think they are different from street prostitutes," said McCartney.

"They believe they are a step up. I don't think they are any better or worse. It is still sexual exploitation."

Advocates say it's time to stop thinking about sex workers as a commodity. ISTOCK

John says ...

Oil worker cuts out 'girlfriend bulls–t' in favour of massage parlours

Oil-rig work keeps John away from Edmonton for two to three weeks at a time. It also makes it pretty difficult for him to keep a steady girl back in the city, he says. As an alternative, the 34-year-old turns to massage parlours.

"It's hard for women to stay faithful. Every girlfriend I've had has cheated on me while I've gone to work. So basically I cut the whole girlfriend bulls–t out," he said.

Three years ago, John met Roxy (a body rub parlour worker Metro featured in Part 1 of this series). Every three weeks, when he was back in the city, John would drop by the parlour where she works.

The two eventually became friends, so they ended the working relationship and John now visits other parlours in the city, spending about $260 to $300 an hour to "stay" with a woman.

He said it is cheaper than date night.

"By the time you take a girl out on a date just to get some a–, you're looking at spending just about the same," he said.

John said he plans to stop visiting massage parlours once he is in a steady relationship.

Editor's note: John's name has been changed to protect his identity.

STEPHANIE DUBOIS/METRO IN EDMONTON

Your voice

What you had to say about this series

Metro readers had a lot to say about our three-part series on body rub parlours. Here is a selection of some of the comments posted on our website:

There are many people who don't have a lot of money, but they go out and work 2-3 jobs to make ends meet. Giving your body to be used by a complete stranger is not working, it's called prostitution no matter how you may try to word it. It not only puts the prostitute at risk of violence or disease, but most importantly it puts the married men at risk of bringing home those diseases to their innocent wives as well as destroying marriages when they are caught. They should not be legal/licensed anywhere in Canada. **CommonSense**

The best solution is to legalize prostitution so you go to a regulated brothel for sex and a massage therapist for injury related massage. **Annoyed**

Seems to me Canadians have set most of the prudishness aside, and realize that the sex trade cannot be stopped, but can only be driven underground ... I look forward to the day when we will look upon a normal, and potentially exciting, sexual encounter, as we now look forward to a lovely dinner at a fine restaurant. Why shouldn't one treat themselves to something new and exciting? **Awfulorv**

This career does not put married men at risk of anything; that is the married man's choice, not the sex worker's. That line of thinking is the same as people who blame rape victims for "dressing provocatively," as if men are some out-of-control animals who only rely on base instincts. If someone is OK with, or even enjoys sharing a sexual experience with others for money, that is their business, not yours. Don't like it? Don't participate in it. Simple as that. **Kakkoi**

Get caught up

If you missed any part of Metro Canada's three-day series, visit metronews.ca/features/massage-parlours for all our features, along with additional content only available online.

Bitcoin exchange fall.
Mt. Gox customers not likely to get money back

The Mt. Gox bitcoin exchange in Tokyo is headed for liquidation after a court rejected its bankruptcy protection application. RICK BOWMER/THE ASSOCIATED PRESS FILE

The Mt. Gox bitcoin exchange in Tokyo is headed for liquidation after a court rejected its bankruptcy protection application.

Mt. Gox said Wednesday the Tokyo District Court decided the company, which was a trading platform and storehouse for the Bitcoin virtual currency, would not be able to resurrect itself under a business rehabilitation process filed for in February.

An administrator will try to sell the company's assets, and many creditors, including those who had Bitcoins with the exchange, are unlikely to get any money back.

After Mt. Gox went offline in February, its CEO Mark Karpeles said 850,000 bitcoins worth several hundred million dollars were unaccounted for, blaming a weakness in the exchange's systems. THE ASSOCIATED PRESS

Stephen Poloz

BoC head won't rule out future interest rate cuts

Bank of Canada governor Stephen Poloz says he has not ruled out a future cut to interest rates despite evidence disinflationary pressures appear to be waning and his belief that the global and Canadian recoveries are picking up steam. The central bank held its rate at one per cent, where it's been since September 2010. THE CANADIAN PRESS

Market Minute

DOLLAR 90.76¢ (-0.34¢)

TSX 14,446.52 (+142.60)

OIL $103.76 US (-$0.01)

GOLD $1,303.50 US (+$3.20)

Natural gas: $4.53 US (+$0.04)
Dow Jones: 16,424.85 (+162.29)

Is Apple's iPad as Canadian as maple syrup pie? A new survey shows 42 per cent of us have a tablet, with many choosing the iPad. JUSTIN SULLIVAN/GETTY IMAGES

The iPad shoots, scores in Canada

A new survey, eh? 1 in 4 Canucks now own a tablet, with many opting for an Apple

More than 42 per cent of anglophone Canadians now own a tablet and most are increasingly choosing one of Apple's iPads, suggests a report by the Media Technology Monitor.

Tablet ownership spiked by about 66 per cent between 2012 and 2013, according to the results of a MTM survey conducted with 4,009 Canadians between Oct. 7 and Dec. 1 of last year.

In the fall of 2012, about one in four anglophone Canadians told pollsters they had one of the gadgets, while a similar survey conducted in the fall of 2011 found just one in 10 were tablet owners.

Apple's iPads account for about two-thirds of the tablets Canadians own, MTM's newest report suggests, while BlackBerry's PlayBook and Samsung's Galaxy Tab devices have a 10 per cent share of the market each.

Use

88%

Overall, the tablet users surveyed typically said they used their device to go online (88 per cent), browse the web (80 per cent) and use email (65 per cent). About half said they used their tablet for social networking, watching video and reading news.

Apple's hold of the market has consistently grown in MTM's polls while the other brands have stagnated.

The polling numbers also seem to suggest that while tablets are now more commonly found in Canadian households, they're being used a little less often.

In the spring of 2011, 46 per cent of tablet owners said they used their tech toy several times a day, 25 per cent said they used it at least once a day, and 16 per cent said they used it once a week.

Last spring, only 38 per cent were using theirs several times a day, 24 per cent said it turned on at least once a day, and nine per cent said they picked it up once a week at least.

THE CANADIAN PRESS

Smartphones to get 'kill switch'

A trade group for wireless providers says that the biggest mobile device manufacturers and carriers will soon put anti-theft tools on the gadgets to try to deter rampant smartphone theft in the U.S.

CTIA-The Wireless Association announced that under a "Smartphone Anti-Theft Voluntary Commitment," the companies including Apple Inc., Samsung Electronics Co., Verizon Wireless, AT&T Inc., U.S. Cellular Corp., Sprint Corp. and T-Mobile US Inc. have agreed to provide a free preloaded or downloadable anti-theft tool on smartphones sold in the U.S. after July 2015.

Owners' options will include remotely removing a smartphone's data and preventing reactivation if a phone is stolen or lost, the association said.

It appears the wireless industry has somewhat reversed course as law enforcement and elected officials in the U.S. demand that manufacturers implement a "kill switch" to combat surging smartphone theft across America.

THE ASSOCIATED PRESS

Robberies

Almost one in three robberies in the U.S. involve phone theft, according to the Federal Communications Commission.

- Lost and stolen mobile devices — mostly smartphones — cost consumers more than $30 billion US in 2012, the agency said in a study.

IT'S NOT YOU, IT'S THE PLAYOFFS

HE SAYS

John Mazerolle
metronews.ca

By the time you read this, my love, I may already be in sudden death.

We've grown close these first few months together, but as my girlfriend I think it's only fair you know there's a side of me you haven't seen before — a dark side, an off side. It's time for the NHL playoffs.

I'm so sorry.

If you're reading this, you probably already know what I mean. Maybe you've picked up this column during a game because you've given up on speaking to me directly.

You speak, but I respond with only an icy stare in the direction of sudden-death overtime.

You step in front of the screen, and I leeeean around you, possibly rousing myself long enough to mumble the old family chestnut about making "a better door than a window."

You try to ask about Don Cherry's wardrobe, but I've plugged my fingers into my ears and curled into the fetal position until he's done explaining that the forwards should cover the points.

But don't fret. I believe in us. Or, to be more specific, I believe you have what it takes to put up with me. You've proven it before.

We went to see a Raptors basketball game together, and you provided the insightful colour commentary that only fresh eyes can deliver: "They score a lot in basketball!" And you showed a true understanding of the heart of basketball (really), when you said, "It's taken them 10 minutes to play the final 36 seconds."

We watched the Raptors lose, though they won their division because the team chasing them lost in a simultaneous game. You got home, saw the headline "Raptors win" and declared, "I don't think I understand basketball," and it was just about the cutest thing ever.

And, recently, your roommate wished me "Good luck" for the hockey playoffs, and you were confused because I don't actually play for the Boston Bruins, even if my apartment has more B's paraphernalia than their team bus. You chuckled and insinuated that I somehow have no impact on the result of the game.

That's nonsense, of course. Anybody who's ever helped their kid eat by opening their own mouth, or helped a pilot land an airplane by staring out the window, knows the vital role I play.

But I'm not asking you to understand. You don't even have to like it. You just have to understand that I like it.

So, my sincerest apologies, my love. I'll make it up to you, and I don't need anything from you. You don't need to know your icing from your elbowing penalty. You just need to know I'll be in my Cups just a little while longer, and then I'm yours.

I know I'm risking heartbreak and loss over these two months, but that's hockey!

Sincerely,
John

P.S. Thanks for being such a good sport. I'm a fan of those.

ZOOM

Dog days of prosthetics

LINDSEY MLADIVINICH/ORTHOPETS/THE ASSOCIATED PRESS

Pooch saved from foreclosed home

Naki'o, a red heeler mix breed, has received four prosthetic limbs in Denver, Colo. Naki'o was found in the cellar of a Nebraska foreclosed home with all four legs and its tail frozen in puddles of water-turned-ice. What frostbite didn't do, a surgeon did, amputating all four legs and giving him four prosthetics. **THE ASSOCIATED PRESS**

Two-legged dog vid

- A nine-month-old boxer named Duncan barrelled down a beach in Oregon, running full tilt on soft sand into YouTube history and showing more than four million viewers he can revel in a good romp despite lacking back legs.

More Paw-sibilities

More veterinarians are using wheelchairs, orthotics and prosthetics to improve the lives of dogs that have lost limbs to deformity, infection or accident, experts say. There have also been great strides in technology to keep up with U.S. soldiers returning wounded from war, and veterinarians have adapted the materials and know-how for the rising demand from clients. **THE ASSOCIATED PRESS**

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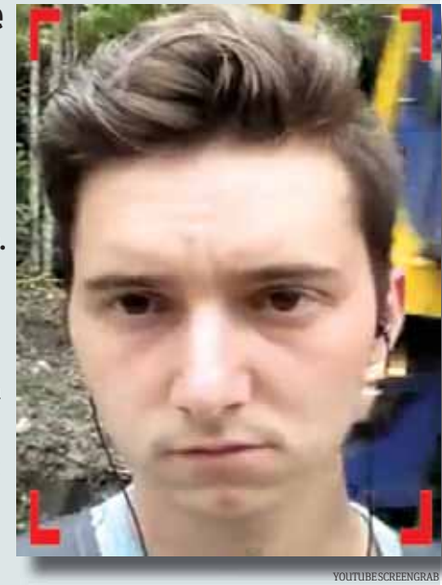
metro AR

MetroTube

Selfies suffer a huge blow to the head

ANDREW FIFIELD
metronews.ca

Selfie has had a tough time since the heady days of 2013 when it was blessed with Word Of The Year status by Oxford Dictionaries. First, its definition was rudely changed to "here's a photo of me surrounded by mob of grinning faces." And, it's also become shorthand for Samsung PR stunt. Now this: A young man can't even take a well-groomed selfie in a situation of highly questionable safety without getting a rude boot to the head from a train engineer — a lesson in self-preservation that comes with an ironic dash of danger. (Via Jared Michael)



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metro

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Fine family films for Easter

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The Lego Movie is one of the best movies out this year — for kids and adults. CONTRIBUTED

Synopsis

After enjoying big Easter and Passover meals, the Reel Guys like to treat the family to a good movie. Because there are as many different kinds of family movies as there are colours on the most psychedelic Ukrainian Easter egg, this week the guys have a look at their favourites. From the big screen to rentals for the small screen they choose movies that will put an extra hop in your step this weekend.

Long weekend entertainment. The Reel Guys list their picks for flicks that delight both parents and kids

Richard: Mark, if you're planning to take the kids out to the movies this weekend, there are two recent family flicks that deserve to be seen on the big screen. The Lego Movie is possibly the weirdest, most psychedelic kid's entertainment since H.R. Pufnstuf, but it is also one of the best films of the year so far, kid's movie or not. Then there is Mr. Peabody & Sherman, a big animated film inspired by a time travelling segment from the TV show Rocky and His Friends. It's the only kid's movie with an Oedipal joke and the kind of children's movie that I think parents and kids will enjoy, but probably for completely different reasons.

Mark: Richard, so far The Lego Movie is the most exciting movie of the year, family or otherwise, but it should be noted that it, too, has a strong Oedipal theme in it. As a father of a three-year-old, I'm never quite sure what family entertainment means; what's appropriate for my little boy is different than what might entertain an eight-year-old. Pretty much anything animated works for all ages, but then it gets complicated. And gender plays a role in choosing the right flick, too. Young girls love The Wizard of Oz, but young boys, not so much. But you never know. My little one loves Frozen, just out on DVD, even though it might seem "girly" to some.

RC: People love Frozen. I'm not one of them, but there is no arguing with the success of that movie. I'm more on side with Despicable Me II, which I thought was great fun despite its predictable plot. The story of chrome-domed former bad guy Gru's (Steve Carell) working with the Anti-Villain League could have written itself, but the inventive gags contained within are the reason the whole family will enjoy the movie. There are lots of fun characters, but it's really all about the Minions — Gru's yellow, jelly-bean-shaped helpers — who spice things up with their own special kind of anarchy. Speaking in gibberish, they're fun and more than worth the rental.

MB: Despicable Me II is a treat but my little guy deemed it "too scawy". But I look forward to a family viewing of E.T. — the greatest family movie ever. Young or old, boys or girls, who doesn't love the tale of that lovable little alien? Also on my eventual DVD queue would be Gremlins and even Home Alone. Kids love movies with kid heroes.

RC: Speaking of kid heroes, the adaptation of the classic Maurice Sendak children's book Where the Wild Things Are isn't a movie for kids as much as it is a movie about being a kid. Max is the hero, a lonely kid who goes to where the wild things are. It's a slow moving, simple film about deep feelings. It's not a slick, brightly coloured kid's film with a connect-the-dots plot and an easily digested moral, but it is a magical movie.

MB: I never got the appeal of the movie or the book, but maybe I've been missing something. But here's an idea: Sit down with the family and watch A Hard Day's Night. Everyone loves The Beatles, and this is the pop group in full cheeky-cute mode. Their rock songs from 1964 sound a lot like kids music today, with their melodic hooks and innocent lyrics.

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Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com. **Ratings:** *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:*

Documentary

Bears

Director. Keith Scholey, Alastair Fothergill

Stars. John C. Reilly

In an epic story of breathtaking scale, Disneynature's new True Life Adventure Bears showcases a year in the life of a bear family as two impressionable young cubs are taught life's most important lessons. Set against a majestic Alaskan backdrop teeming with life, their journey begins as winter comes to an end and the bears emerge from hibernation to face the bitter cold.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 89%

Comedy

The Trailer Park Boys: Don't Legalize It

Director. Mike Clattenburg

Stars. John Paul Tremblay, Mike Smith, Robb Wells

The Trailer Park Boys are back. But these are tough times for Ricky, Julian, and Bubbles, and for everyone in Sunnyvale Trailer Park.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 88%

Drama

The Face of Love

Director. Arie Posen

Stars. Annette Bening, Ed Harris

The Face of Love is the story of a widow named Nikki (Annette Bening) who, several years after the loss of her husband Garrett, meets a man named Tom (Ed Harris) who looks exactly like her deceased husband. Suddenly, a flood of old feelings rush back to her: she's met the love of her life. Again. The film is a romantic story filled with humour, surprise, and reflections on the mystery of love surrounding us.

Rotten Tomatoes™ score
Critics: 43% **Audience:** 53%

Sci-Fi Thriller

Transcendence

Director. Wally Pfister

Stars. Johnny Depp

Dr. Will Caster (Johnny Depp) is the foremost researcher in the field of Artificial Intelligence, working to create a sentient machine that combines the collective intelligence of everything ever known with the full range of human emotions. His highly controversial experiments have made him famous, but they have also made him the prime target of anti-technology extremists who will do whatever it takes to stop him.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** 98%

Drama

Like Father, Like Son

Director. Hirokazu Koreeda

Stars. Masaharu Fukuyama, Yoko Maki

Ryota (Masaharu Fukuyama) is a successful Tokyo architect who works long hours to provide for his wife, Midori (Machiko Ono) and six-year-old son, Keita. But when a blood test reveals Keita and another baby were switched at birth, two very different families are thrown together while Ryota confronts what it means to be a father.

Rotten Tomatoes™ score
Critics: 90% **Audience:** 91%

Action/Adventure

The Raid 2

Director. Gareth Evans

Stars. Iko Uwais, Yahan Ruhian

He thought it was over. After fighting his way out of a building filled with gangsters and madmen — a fight that left the bodies of police and gangsters alike piled in the halls — rookie Jakarta cop Rama thought it was done and he could resume a normal life. He couldn't have been more wrong.

Rotten Tomatoes™ score
Critics: 76% **Audience:** 94%

Directorial debut. Christopher Nolan's cinematographer strikes out on his own

For more than a decade, cinematographer Wally Pfister brought director Christopher Nolan's cinematic visions to life. Now, he's the one calling the shots.

His directorial debut, the new sci-fi mystery Transcendence, has many elements of a Nolan blockbuster: eye-popping visual effects, a mind-bending story and an A-list lead in Johnny Depp. All of those things translate into high expectations for Pfister, who jokingly likens his newly christened director's seat to an "electric chair."

In the film releasing Friday, the mind of Depp's terminally ill scientist, Will Caster, is uploaded into a computer after his death, spawning an eerily unruly machine. At the heart of the story is the disrupted relationship of Will and his wife, Evelyn, played by Rebecca Hall.

Transcendence, which was executive-produced by Nolan and written by first-time screenwriter Jack Paglen, hooked Pfister because of the emotional weight put on the study of husband and wife and the increasing reliance on technology. "We start to wonder where it's all going to go," he says.

"We are dependent on technology. It's got us," affirmed Depp in a recent joint interview to promote the film.

Wally Pfister. THE ASSOCIATED PRESS

Depp, 50, first met Pfister, 52, when they worked on Paul McCartney's 2012 video for his romantic ballad My Valentine, in which Depp and Natalie Portman starred and Pfister was the director of photography.

"I was immediately intrigued and curious from (the) initial reading," says Depp of Transcendence.

"So many things come into my mind as far as the dangers of technology. Say I'm suddenly holding a gun," Depp illustrates, lifting his left hand as his formidable engagement ring with Amber Heard sparkles. "The gun is not inherently bad. It's a tool. It's what we do with it. I think it's the same with technology."

For his first directing gig, Pfister, who's worked on everything from Memento to The Dark Knight Rises, was swayed from doing a big action film.

"I'd done a lot as a cinematographer," he says. "What was important was telling some sort of character-driven story. Exploring human emotion. That is the logical reason to jump from visual storytelling to narrative."

Nolan will also release a thought-provoking sci-fi film this year: the time-travel focused Interstellar, out in November. But Pfister assures he's not in competition with his long-time collaborator. "Chris is an old friend," he says. "He has been incredibly supportive of my move into this."

The two filmmakers even shared crew members, including folks in the makeup, special effects, equipment, casting and editorial departments. But while Transcendence was shooting, Nolan remained hands-off. "Chris never came to the set," says camera operator Scott Sakamoto, who worked on both movies. "I think Chris let Wally take the reins and go with it to see how well he would do."

THE ASSOCIATED PRESS

When games turn into the stuff of nightmares

Stress Position is about two friends who decide to batter each other into submission using non-violent torture. CONTRIBUTED

Stress Position.
Canadian filmmaker's genre-bending piece is a psychological trip

CHRIS ALEXANDER
scene@metronews.ca

Make no mistake, writer/director/actor A.J. Bond's Stress Position is a genre film like no other, especially considering it doesn't quite fit comfortably into any genre at all. The dark as moonless night mock-doc Canadian feature tells the tale of two friends (played by David Amito and Bond himself) who inexplicably decide to launch a grim quest to batter the other into a state of submission using non-violent torture. What starts as a game, rapidly dissolves into the stuff nightmares are made of.

"I'd been doing research into Stasi interrogation techniques for a while as a general point of interest," notes Bond.

"I even explored the idea of doing a found-footage style period film designed to look like Soviet interrogation videos. I ultimately wanted to find a way to explore different psychological torture techniques from different eras in one project, including the so-called 'Enhanced Interrogation Techniques' of the U.S. military post-9/11. From there, I wrote a loose outline of how the film might work, and Stress Position was born."

Stress Position more than lives up to its name, causing unbearable anxiety in the viewer by blending Ludivico-esque torment while blurring lines between fiction and truth to a disorienting effect. And underneath all the hideous and often blackly funny shenanigans lurks a potent parable about the vulgar ways in which people treat the people ostensibly closest to their hearts.

"When you get really close to someone, you expose your vulnerabilities and secrets, giving that person great power over you," says the multi-hyphenate filmmaker.

Quoted

"When you get really close to someone, you expose your vulnerabilities and secrets."
Stress Position filmmaker A.J. Bond

"There's incredible responsibility to being involved in any close relationship, and sometimes it's hard not to get corrupted into using that sensitive material to your advantage, to manipulate them with it. We all think we understand our friends' psychology so well, but there's a kind of violence that we do by subtly profiling each other. We build up a set of expectations and assumptions about our friends that can actually hold them back or hurt them. No one can make us feel as great as a close friend, but also no one else can cut us down to size so quickly and efficiently."

And though Stress Position is not a horror film by definition, it is a film of many horrors and no matter your take on its subject, Bond should be lauded for breaking and defying conventions.

"I'm a genre fan, certainly," he insists.

"But I think some of the most interesting filmmakers are cleverly combining different genres' techniques to create new and unexpected hybrids. The big films that were on my mind as I approached filming included A Clockwork Orange, Persona, Requiem for a Dream and Funny Games, all difficult films to categorize to some extent, and each with degrees of horror and cult appeal. I think genre labels are useful when you want to toy with the structure of them, but sometimes it's exciting to freewheel in uncharted territory."

The Railway Man.
Japanese actor tackles dark spot in nation's history

The Railway Man opens next Friday. CONTRIBUTED

Japanese-born actor Hiroyuki Sanada comes off last year's success of The Wolverine with a film taking a look at Japanese history. The film — which debuted at the Toronto International Film Festival last fall — is The Railway Man, about a former British POW (Colin Firth) who confronts one of his former captors (Sanada). It's a moment in Japanese history Sanada is not very proud of, but still an important one to examine, he insists. And this Christmas, he goes full samurai in Keanu Reeves' long-awaited 47 Ronin.

The Railway Man takes on a contentious piece of history.
It's a true story based on the book from Eric Lomax. I didn't know those kinds of things happened because, especially in Japan, there's no education about that. Teachers never talk to students, even parents don't, and I thought that is a problem. I thought we must make this film now to tell the story for the next generation, to help make a more peaceful world and make sure something like this never happens again. And also for me it was important this role be played by a Japanese-born actor. It's a kind of mission, I felt.

Why do you think it isn't taught in Japan as much?
Because it's a story from during the war and a lot of bad things happened in the POW camps. That kind of thing, the people don't want to know. They don't want the world to know the story. But with a movie like this, it's a chance for reconciliation, to say sorry and ask for forgiveness. Look back into your history and if you're wrong, say sorry and go the next steps together to create a better future. It's a small world.

How was working with Colin Firth?
It was a great experience. It was almost like just the two of us in a small room, just talking and talking. It was like we were on stage in a play. We created good chemistry from the beginning.

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THESE PAGES COVER MOVIE START TIMES FROM FRI., APR. 18 TO THURS., APR. 24. TIMES ARE SUBJECT TO CHANGE.

Bytowne Cinema
325 Rideau St.

The Face of Love (PG) Fri 9:10 Sat 4:45-6:50 Sun-Mon 6:50 Tue 4:45 Wed 9:15 Thu 4:45
Jodorowsky's Dune (PG) Sun-Mon 8:55 Tue 6:50 Wed 4:45
Like Father, Like Son (PG) Fri 2:01-6:35 Sat 8:59 Sun-Mon 4:15 Tue 8:50 Wed 6:45
Philomena (PG) Sun-Mon 2:01
Sweet Dreams (STC) Fri 4:35 Sat 2:45

Canadian Museum of nature
240 McLeod St.

Flying Monsters 3D (G) Fri-Thu 12-2:30 Fri-Thu 12:35-3:05
Penguins 3D (STC) Fri-Thu 10:30-1:10-3:40 Fri-Thu 11:15-1:50

Coliseum Ottawa
3090 Carling Ave.

Bears (G) Fri-Mon 12-2:05-4:10-6:15-8:20-10:25 Tue-Wed 4:10-6:15-8:20-10:25 Thu 1:20-4:10-6:15-8:20-10:25
Captain America: The Winter Soldier (PG) Fri-Mon 1:10-4:20 Tue-Wed 4:10 Thu 1:10-4:10
Captain America: The Winter Soldier 3D (PG) Fri-Mon 12:40-3:50-7-7:30-10:10-10:45 Tue-Thu 3:40-6:50-7:20-10:10-10:35
Divergent (PG) Fri-Mon 12:30-3:45-7-10:30 Tue-Wed 3:45-7-10:30 Thu 3:45-10:30
Draft Day (PG) Fri-Sun 1:50-4:40-7:15-9:50 Mon 1:50-4:40-6:55-9:50 Tue 4:40-7:15-9:50 Wed 3:50-7-9:50 Thu 1:15-4:40-7:15-9:50
Heaven Is for Real (PG) Fri-Mon 12:20-2:50-5:20-7:50-10:20 Tue-Wed 5:20-7:50-10:20 Thu 1:35-5:20-7:50-10:20 Star & Strollers Screening, Thu 1
It Happened One Night (STC) Sun 12:55 Wed 7
Muppets Most Wanted (G) Fri-Sat 1:35-4:20 Sun 4:20 Mon 1:35-4:20 Tue-Wed 4:20 Thu 1:15-3:50
Noah (14A) Fri-Mon 12:50-4-7:20-10:35 Tue 4-7:20-10:35 Wed 3:40-10:35 Thu 4-7:20
Non-Stop (PG) Fri-Sun 6:55-9:30 Mon 9:30 Tue 6:55-9:30 Wed-Thu 9:30
Oculus (14A) Fri-Mon 2:20-4:55-7:25-10 Tue-Thu 4:55-7:25-10
The Other Woman (STC) Thu 10:35
The Princess Bride (STC) Mon 7:30 Thu 7:30
Rio 2 (G) Fri-Mon 12 Star & Strollers Screening, Thu 1
Rio 2 3D (G) Fri-Mon 2:30-5:05-7:40-10:15 Tue-Thu 5:05-7:40-10:15
Trailer Park Boys: Don't Legalize It (14A) Fri-Mon 1-3:25-5:50-8:15-10:45 Tue-Wed 4:45-7:10-9:40 Thu 1:35-4:45-7:10-9:40
Transcendence (PG) Fri-Mon 2-4:50-7:40-10:30 Tue-Wed 4:50-7:40-10:30 Thu 1:30-4:50-7:40-10:30

Mayfair Theatre
1074 Bank St.

7 Boxes (14A) Tue 9:30 Wed 9
The Hunt for Johnny Ringo (STC) Thu 9
The LEGO Movie (G) Fri 12:30-3:45 Sat 12:45 Sun 3:45 Mon 1:30-3:45
The Monuments Men (PG) Tue 4 Wed-Thu 6:30
Rhymes for Young Ghouls (14A) Fri 9 Sat 8:30 Sun-Mon 9
The Room (STC) Sat 10:30
Le Week-end (14A) Fri 7 Sat 6:30 Sun-Mon 7 Wed-Thu 4:30

Rainbow Cinemas St. Laurent Centre, 1200 St. Laurent Blvd.,

12 Years a Slave (14A) Fri-Thu 10:10-12:50-6:30 300: Rise of an Empire (18A) Fri-Thu 10:30-3:50-9:25
Frozen (G) Fri-Thu 10-12:10-2:30-4:40
The LEGO Movie (G) Fri-Thu 10:40-1:10-4-6:40 The Monuments Men (PG) Fri-Thu 3:40-9:15
Saving Mr. Banks (PG) Fri-Thu 1-6:50
Son of God (PG) Fri-Thu 10:20-1:20-4:30-7:30 Veronica Mars (PG) Fri-Thu 7-9:20
Le Week-end (14A) Fri-Thu 9

South Keys
2214 Bank St.

Bears (G) Fri-Thu 11-1:05-3:15-5:15-7:15-9:15
Captain America: The Winter Soldier 3D (PG) Fri-Thu 8:30 Fri-Thu 12:40-3:45-7-10:05
Divergent (PG) Fri-Thu 12:20-3:30-6:45-9:45
Draft Day (PG) Fri-Thu 10:50-1:30-4:10-6:50-9:30
The Grand Budapest Hotel (14A) Fri-Thu 10:30-12:50-3:10-5:30-7:50-10:10
Heaven Is for Real (PG) Fri-Thu 11:40-2:10-4:50-7:20-9:50
Hop (G) Sat 11
In the Blood (STC) Thu 7:30
Noah (14A) Fri-Wed 12:45-3:50-6:55-9:55 Thu 12:45-3:50-9:55
Oculus (14A) Fri 11:15-1:50-4:30-7:05-9:40 Sat 1:50-4:30-7:05-9:40 Sun-Thu 11:15-1:50-4:30-7:05-9:40
Rio 2 (G) Fri-Thu 10:40-1:10-3:40-6:10
Rio 2 3D (G) Fri-Thu 11:50-2:25-5-7:35-10:05
Trailer Park Boys: Don't Legalize It (14A) Fri-Thu 12:30-2:55-5:20-7:45-10:15
Transcendence (PG) Fri-Thu 10:35-1:25-4:15-7:10-10

Canadian Museum of civilization
100 rue Laurier,

Coraux du Pacifique (STC) Wed 1
Destination Pacific Sud 3D (STC) Fri 1-4-7 Sat 1-6 Sun-Mon 1 Tue 2 Wed 4 Thu 1
Grand Nord (STC) Sun-Mon 4 Thu 6
Great North (STC) Sat 3 Sun-Mon 12 Tue 12-3
Journey to the South Pacific: An IMAX 3D Experience (STC) Fri 11-2-5 Sat 11-2-5-8 Sun-Mon 11-2-5 Tue 10-1-5-7 Wed 11-2-5 Thu 11-2-5-8
Kenya 3D: Animal Kingdom (STC) Fri 12-3-6 Sat 12-7 Sun-Mon 3-6 Tue 6 Wed 12-3-6 Thu 3-7 Fri 8 Sat 4 Thu 12-4

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Captain America: The Winter Soldier (G) Fri-Tue 12:40-3:30-6:40-9:30 Wed-Thu 6:40-9:30
Draft Day (G) Fri-Tue 1:10-3:30-7:10-9:30 Wed-Thu 7:10-9:30
Rio 2 3D (G) Fri-Tue 1-7-9:10 Wed-Thu 7-9:10 Fri-Tue 3:10
Transcendence (G) Fri-Tue 12:50-3:20-6:50-9:20 Wed-Thu 6:50-9:20

StarCité Hull
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Bears (G) Fri 1-2:05-4:10-6:15-8:20-10:25 Sat 11-1-2:05-4:10-6:15-8:20-10:25 Sun-Tue 12:05-1-2:05-4:10-6:15-8:20-10:25 Wed 7:15-9:20 Thu 1:45-7:15-9:20
Capitaine America: Le soldat de l'hiver 3D (G) Fri-Tue 1:15-4:15-7:15-10:15 Wed 6:55-9:55 Thu 1:10-6:55-9:55
Captain America: The Winter Soldier 3D (G) Fri-Tue 1:30-4:30-7:30-10:30 Wed 7:10-10 Thu 1:10-7:10-10
Le Coq de St-Victor (G) Fri 1-3:05-5:10 Sat 11-1-3:05-5:10 Sun-Mon 12:15-1-3:05-5:10 Tue 1-3:05-5:10
Divergence (G) Fri-Tue 1:05-4:05-7:10-10:15 Wed 6:55-9:55 Thu 1
Divergent (G) Fri-Tue 1:15-4:20-7:25-10:30 Wed 7:05-10 Thu 1:05-7:05-10
Draft Day (G) Fri-Tue 2:55-5:25-8-10:30 Wed 7:25-9:55 Thu 1:25-7:25-9:55
Fermières (G) Fri 12:55-3:25-5:35-7:45-9:55 Sat 10:55-12:55-3:25-5:35-7:45-9:55 Sun-Tue 12:55-3:25-5:35-7:45-9:55 Wed 7:25-9:35 Thu 1:45-7:25-9:35
Heaven Is for Real (G) Fri 1:05-3:20-5:35-8:05-10:30 Sat 10:50-1:05-3:20-5:35-8:05-10:30 Sun-Tue 1:05-3:20-5:35-8:05-10:30 Wed-Thu 7:30-9:55 Star & Strollers Screening, Thu 1:30
Hop (G) Sat 11 Sat 11
Noah (G) Fri-Tue 1:30-4:30-7:30-10:30 Wed 7:05-10 Thu 1:05-7:05-10
Noé (G) Fri-Tue 7:15-10:15 Wed 7-9:55 Thu 1-7-9:55
Oculus (13+) Fri-Tue 3-5:30-8-10:30 Wed 7:35-10 Thu 1:35-7:35-10
The Other Woman (G) Thu 10
Rio 2 (G) Fri 2:15-4:50-7:25-10 Sat 10:55-2:15-4:50-7:25-10 Sun-Tue 11:50-2:15-4:50-7:25-10 Wed 7:05-9:40 Thu 1:30-7:05-9:40
Fri 2:30 Sat 11-11:30-12-2:30 Sun-Tue 12-2:30
Rio 2 3D (G) Fri-Tue 1-5:05-7:40-10:15 Wed 7:20-9:55 Thu 1:30-7:20-9:55
Trailer Park Boys: Don't Legalize It (STC) Fri-Tue 1-3:30-5:50-8:10-10:30 Wed 7:30-9:50 Thu 1:30-7:30-9:50
Transcendence (G) Fri 2-4:50-7:40-10:30 Sat 11:20-2-4:50-7:40-10:30 Sun-Tue 2-4:50-7:40-10:30 Wed 7:20-10 Thu 1:20-7:20-10
Fri 2:10-4:45-7:30-10:15 Sat 11:25-2:10-4:45-7:30-10:15 Sun-Tue 2:10-4:45-7:30-10:15 Wed-Thu 7:10-9:55 Thu 1:15

Barrhaven Cinemas
131 Riocan Dr.

Captain America: The Winter Soldier 3D (PG) Fri-Mon 12:40-3:50-7-10:10 Tue-Thu 4:30-7:35 Divergent (PG) Fri-Mon 12:30-3:40-6:50-9:55 Tue-Thu 4:30-7:35
Draft Day (PG) Fri 2:10-4:50-7:30-10:10 Sat 11:30-2:10-4:50-7:30-10:10 Sun-Mon 2:10-4:50-7:30-10:10 Tue-Thu 4:50-7:30
Heaven Is for Real (PG) Fri 12-2:20-4:50-7:20-9:50 Sat 11:50-2:20-4:50-7:20-9:50 Sun-Mon 12-2:20-4:50-7:20-9:50 Tue-Thu 4:45-7:20 Star & Strollers Screening, Thu 1
Hop (G) Sat 11
Rio 2 (G) Fri 2 Sat 11:30-2 Sun-Mon 2
Rio 2 3D (G) Fri-Mon 4:35-7:10-9:40 Tue-Thu 5:10-7:40
Trailer Park Boys: Don't Legalize It (14A) Fri-Mon 12:30-2:55-5:20-7:45-10:15 Tue-Thu 5:20-7:45 Transcendence (PG) Fri-Mon 1:30-4:20-7:10-10 Tue-Thu 5-7:45 Star & Strollers Screening, Thu 1

SilverCity
2385 City Park Dr.

Bad Words (14A) Fri-Wed 9
Bears (G) Fri-Mon 12:05-2:20-4:20-6:25-8:30-10:35 Tue 8:30 Wed-Thu 2:20-4:20-6:25-8:30-10:35 Tue 12:05-2:20-4:20-6:25-10:35
Captain America: The Winter Soldier (PG) Fri-Thu 12:35-3:45
Captain America: The Winter Soldier 3D (PG) Fri-Thu 1:05-4:15-7-7:30-10:10-10:40
Divergent (PG) Fri 12:55-4:10-7:25-10:35 Sat 4:10-7:25-10:35 Sun 3:15-6:25-9:35 Mon-Tue 12:55-4:10-7:25-10:35 Wed 12:40-3:55-9:30 Thu 12:55-4:10-7:25-10:35
Draft Day (PG) Fri-Tue 12-2:45-5:30-8:20-10:50 Wed-Thu 2:45-5:30-8:20-10:50
God's Not Dead (PG) Fri 2:05-5-8-10:50 Sat 11:10-2:05-5-8-10:50 Sun-Thu 2:05-5-8-10:50
The Grand Budapest Hotel (14A) Fri 12:25-3-5:40-8:05-10:35 Sat 3:55-6:35-9:10 Sun 12:25-3-5:40-8:05-10:35 Mon 2:20-5-10 Tue 12:25-3-5:40-8:05-10:35 Wed 12:30-3-5:40-8:05-10:35 Thu 2:20-5-10 Sat 11:15-1:40 Mon 8:05 Thu 8:05
Heaven Is for Real (PG) Fri-Thu 12:20-2:50-5:20-7:50-10:20
Hop (G) Sat 11
It Happened One Night (STC) Sun 12:55 Wed 7
National Theatre Live: War Horse - Encore (STC) Sat 12:30
Noah (14A) Fri-Sun 1:20-4:35-7:40-10:45 Mon 1:20-4:35-10:40 Tue-Wed 1:20-4:35-7:40-10:45 Thu 1:20-4:35-10:40
Oculus (14A) Fri-Tue 12:10-2:55-5:35-8:10-10:50 Wed-Thu 2:55-5:35-8:10-10:50
The Other Woman (STC) Thu 9
The Princess Bride (STC) Mon 7:30 Thu 7:30 The Raid 2: Berandal (18A) Fri-Tue 12:15-3:35-7:05-10:25 Wed-Thu 3:35-7:05-10:25 Rio 2 (G) Fri-Thu 1:15-3:40-6:10
Rio 2 3D (G) Fri 2:15-4:40-7:10-9:45 Sat-Tue 11:50-2:15-4:40-7:10-9:45 Wed-Thu 2:15-4:40-7:10-9:45
Trailer Park Boys: Don't Legalize It (14A) Fri-Tue 1-3:25-5:50-8:15-10:45 Wed 3:25-5:50-8:15-10:45 Thu 1-3:25-5:50-8:15-10:45
Star & Strollers Screening Wed 1
Transcendence (PG) Fri-Tue 1:10-4-6:50-9:40 Wed 4-6:50-9:40 Thu 1:10-4-6:50-9:40
Star & Strollers Screening, Wed 1
Transcendence: The IMAX Experience (PG) Fri 2-4:50-7:45-10:35 Sat 11:10-2-4:50-7:45-10:35 Sun-Thu 2-4:50-7:45-10:35

Landmark Theatres Orleans 6 Cinemas
3752 Innes Rd

Bears (G) Fri-Mon 10:50-1:10-3:50-6:45-9:30 Tue 1:10-3:50-6:45-9:30 Wed 4:10-6:45-8:45 Thu 4:10-6:45-9:30
Captain America: The Winter Soldier (PG) Fri-Mon 10-3:15 Tue 3:15 Wed 3 Thu 3-8
Captain America: The Winter Soldier 3D (PG) Fri-Mon 10:30-12:10-2-6-6:30-9:15-9:45 Tue 12:10-2-6-6:30-9:15-9:45 Wed 4-6:30-8-9:40 Thu 4-6:30
Divergent (PG) Fri-Mon 12:15-3:40-7:10 Tue 3:55-7:10 Wed 3:10-6:35 Thu 3:10-9
Draft Day (PG) Fri-Tue 1:20-4:10-6:50-10:15 Wed 3:20-6-9:50 Thu 3:20-6-10:15
Heaven Is for Real (PG) Fri-Mon 10:20-1-3:45-6:20-9:20 Tue 1-3:45-6:20-9:20 Wed-Thu 3:15-6:20-9:15
Noah (14A) Fri-Tue 9:10 Wed 9
Oculus (14A) Fri-Tue 1:15-4:15-7:15-10:10 Wed 3:40-6:50-9:45 Thu 3:40-6:50
The Other Woman (STC) Thu 9:45
Rio 2 (G) Fri-Mon 10:40-3:30 Tue-Thu 3:30
Rio 2 3D (G) Fri-Mon 10:10-12:45-6:15-9 Tue 12:45-6:15-9 Wed-Thu 6:10-8:50
Trailer Park Boys: Don't Legalize It (14A) Fri-Tue 1:30-4:30-7:30-10 Wed-Thu 3:50-7-9:35
Transcendence (PG) Fri-Tue 12:30-4-7-9:50 Wed-Thu 3:45-6:40-9:40 Tue 1

Landmark Cinemas 24 Kanata & IMAX, 801 Kanata Ave.

2 States (STC) Fri-Mon 12:10-3:15-6:20-9:25 Tue-Wed 3:15-6:20-9:25 Thu 3
Bad Words (14A) Fri 10:15 Sat-Thu 9:30
Bears (G) Fri-Mon 11:45-2-4:15-6:40-9 Tue 2-4:15-6:40-9 Wed-Thu 4:15-6:40-9
Captain America: The Winter Soldier (PG) Fri-Tue 1:05-4:25-7:55 Wed-Thu 4:25-7:55
Captain America: The Winter Soldier 3D (PG) Fri-Mon 10:30-11:55-1:55-3:30-6:05-6:55-9:15-10:15 Tue 1:55-3:30-6:05-6:55-9:15-10:15 Wed-Thu 3:30-6:05-6:55-9:15-10:15 Divergent (PG) Fri-Thu 6:45-10
Draft Day (PG) Fri-Mon 10:50-1:40-4:30-7:25-10:10 Tue 1:40-4:30-7:25-10:10 Wed-Thu 4:30-7:25-10:10
God's Not Dead (PG) Fri-Mon 12:25-3:20-6:35-9:40 Tue-Thu 3:20-6:35-9:40
The Grand Budapest Hotel (14A) Fri-Mon 10:45-1:15-3:55-6:30-9:05 Tue 1:15-3:55-6:30-9:05 Wed-Thu 3:55-6:30-9:05
A Haunted House 2 (14A) Fri-Mon 12:15-2:45-5:10-7:35-10:05 Tue-Thu 2:45-5:10-7:35-10:05
Heaven Is for Real (PG) Fri-Mon 10:55-1:50-4:50-7:20-9:50 Tue 1:50-4:50-7:20-9:50 Wed-Thu 4:50-7:20-9:50
Hold Fast (PG) Fri-Mon 11:15-2-4:40-7:10-9:45 Tue 2-4:40-7:10-9:45 Wed-Thu 4:40-7:10-9:45
The LEGO Movie (G) Fri-Mon 11:10-1:45-4:20 Tue 1:45-4:20 Wed-Thu 4:20
The Monuments Men (PG) Fri-Thu 9:20
Mr. Peabody & Sherman (G) Fri-Mon 11:05-1:35-4:05-6:45 Tue 1:35-4:05-6:45 Wed 4:05-6:45 Thu 6:45
Muppets Most Wanted (G) Fri-Mon 10:35-1:20-4:10-6:50 Tue 1:20-4:10-6:50 Wed-Thu 3:10
Need for Speed (PG) Fri-Tue 9:30 Wed-Thu 10:15 Noah (14A) Fri-Mon 12:10-3:15-6:25-9:35 Tue-Thu 3:15-6:25-9:35
Non-Stop (PG) Fri-Wed 2:30-5-7:40 Thu 2:30
Oculus (14A) Fri-Mon 12:45-4-7:05-10 Tue-Thu 4-7:05-10
The Other Woman (STC) Thu 9:25
The Quiet Ones (14A) Thu 10
The Raid 2 (18A) Fri-Wed 2:50-6:20-9:40 Thu 2:50-6:20
Rio 2 (G) Fri-Mon 11:40-2:40-3:35-5:30-8-10:30 Tue 2:40-3:35-5:30-8-10:30 Wed-Thu 3:35-5:30-8-10:30
Rio 2 3D (G) Fri-Mon 10:40-12:40-1:30-4:35-6:30-7:30-9:25 Tue 1:30-4:35-6:30-7:30-9:25 Wed 4:35-6:30-7:30-9:25 Thu 3:05-6:30
Son of God (PG) Fri-Mon 11:20
Trailer Park Boys: Don't Legalize It (14A) Fri-Mon 11:25-2:10-4:45-7:15-9:55 Tue 2:10-4:45-7:15-9:55 Wed-Thu 4:45-7:15-9:55
Transcendence (PG) Fri-Mon 11-2:05-5-8:10 Tue 2:05-5-8:10 Wed-Thu 5-8:10 Tue 1
Transcendence: The IMAX Experience (PG) Fri-Tue 1:10-4:05-7-9:55 Wed-Thu 4:05-7-9:55

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Orphan Black brings its clones back

The little show that could. Co-creator promises more "crazy clone shenanigans" in upcoming season

LISA WEIDENFELD
Metro World News

Tatiana Maslany in season 2 of Orphan Black. BELL MEDIA

Orphan Black is the little show that could. It had a few things working against it: a sci-fi premise, attracting an audience who had never heard of it and, oh, it also depends almost entirely on one actress creating performances powerful enough to carry the whole show. No, not in the Kerry Washington in Scandal sense, but in the literal sense that it's a show about clones, and star Tatiana Maslany plays the three main characters — and the villain! — this season. (She played something like seven different people last season.)

But Orphan, returning this Saturday on Space, has managed to gain quite a bit of traction, with early adopters like comedian Patton Oswalt talking it up on Twitter. Maslany even nabbed a Golden Globe nomination, which is nearly unheard of for a so-called genre show.

"I think that the real turning point was going to Comic Con last year. We were very happy to see that after the show finished airing that the fan response continued to grow," says Graeme Manson, the show's co-creator and executive producer.

The show's fans, who have dubbed themselves the Clone Club, have much to look forward to this season. Manson promises plenty of "crazy clone shenanigans." The main theme of the season? "We are stronger together," according to Manson. Is that a reference to the core trio of clones: con artist Sarah, upbeat scientist Cosima and perfect housewife Alison?

"A triangle always flips and is constantly tested. From the beginning (co-creator) John Fawcett and I had the idea that Sarah's our hero, but we have sort of a triumvirate or trinity that is a core sisterhood," says Manson.

"One of the things I'm most excited about in season 2 is peeling back the layers of Rachel, our new 'proclone' who we introduced at the end of last season," Manson says, adding that, "Tatiana really does a fabulous job with her." Expect what he called "a Sarah/Rachel war" to provide more details about Sarah and even Rachel herself.

And lest you get too concerned about the much-beloved Cosima, last seen dramatically coughing up blood, Manson says she's his favourite clone. Wait, that means she's going to be OK — right?

Don't miss it!

Season 2 of Orphan Black premieres Sat. April 19 at 9 p.m. ET on Space

Quoted

"We were very happy to see that after the show finished airing that the fan response continued to grow."

Orphan Black co-creator Graeme Manson

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Fast & Furious 7. Walker's brothers to help finish film

Paul Walker, left, and Vin Diesel in a scene from the Fast & Furious franchise. UNIVERSAL PICTURES

Late Fast & Furious star Paul Walker's brothers will stand in for him to complete the seventh movie in the blockbuster franchise in spite of the actor's death, filmmakers have said.

Walker had completed much of his part in filming Fast & Furious 7 before he died in November aged 40, in a high-speed car crash in California.

His brothers Caleb and Cody will replace him to finish shooting for the film, due out next year. Walker played Brian O'Conner, an undercover federal agent.

"Our family experienced an unthinkable shock in November. We had to take time to grieve Paul, the brother we love and lost, and to figure out if we should move on with our film," said a statement on the film's Facebook page.

"We came together and all felt the only choice was to continue. We believe our fans want that, and we believe Paul would want that, too. Paul had already shot his dramatic scenes and most of his action for Fast & Furious 7, and it's among the strongest work of his career."

They added: "We have resumed shooting and now welcome Paul's brothers, Caleb and Cody, into our 'Fast' family. Caleb and Cody are helping us complete some remaining action for their brother and fill in small gaps left in production." AFP

Pono power

Neil Young's Kickstarter project raises over $6M

Neil Young has raised more than $6 million through a Kickstarter campaign to fund the singer-songwriter's digital music project PonoMusic.

Kickstarter closed the campaign Tuesday after it raised $6.2 million through 18,000 supporters. The campaign is the third most-funded project for Kickstarter.

The portable player will cost $399 when it debuts in October. PonoMusic will also launch an online music store. The project promises high quality audio.

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And after all, that's my wonderful wall

Dapper decal. Local artist creating one of a kind, handmade wall coverings

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

With more than 20 years experience in art and graphic design, Tatiana Mandel was looking for a way to create one of a kind, commissioned wall murals in her own studio and outside of her client's home.

"I've done lots of faux finishes and gold leafing in people's homes and, you know, when you work in a home, you are there 24/7 for three or four weeks and it becomes very inconvenient for the client," she says.

"I saw the need to create something that could be done in my own studio and then sent to the client."

Wanting to use her skills to beautify client's homes without having to put them out, Mandel launched Actual Design and Decor, a handmade, luxury wall covering company, in 2012.

The products she creates are essentially a high end, homemade wallpaper. Each piece is one of a kind and painstakingly created by hand, meaning there are no second chances.

"The paper that I work with, you can't erase anything so you have to be very good," she says.

It takes six to eight weeks to complete one project, but just a few hours to put it up in a client's home.

Despite the gruelling task of completing a piece, Mandel claims the toughest part of the job is actually understanding what the client wants. From there, she says, the rest is magic.

"I want to make them happy and the biggest challenge is to figure out what they're looking for and I get ideas from looking at pictures of their home to see what would suit the house the most. It takes me a little bit of calculation to know what needs to go on each panel but, from there, it's magic. It just comes out of me. I can't explain the process."

With wallpaper making a comeback in the world of interior design, Mandel says her unique wall coverings are a great way to set up the whole feeling of a room.

"One wall in the bedroom behind the bed, you throw in matching curtains and you're done. And you have this beautiful piece of art!"

One shot to shine

"The paper that I work with, you can't erase anything so you have to be very good."

Singer, actor and dancer Heather McGuigan

More info

- To view Tatiana Mandel's portfolio and to get more information about her original wall coverings, go to actdesigndecor.com

Actual Design and Decor, owned by Tatiana Mandel, specializes in handmade, luxury wall coverings like the one seen here. ANASTASIA KRACHKOVSKAYA/FOR METRO

Band embraces gay ambassador role

Tegan and Sara.
Twins were hesitant to discuss their sexuality at the beginning of their musical career

Twin sisters Tegan and Sara Quin have realized their fears of being branded "just a gay band" were unfounded, Tegan says. CHRIS BUCK / WARNER BROS

Identical twin sisters Tegan and Sara Quin have long been open about their sexuality. Now they're embracing the role of gay ambassadors, growing more comfortable with a topic they were hesitant to discuss at the start of their musical careers.

"I remember feeling resistant to talking about being a twin, to talking about sexism or homophobia, talking about being gay," said Tegan Quin, one half of the sister duo.

"I felt like it was marginalizing our music, it was making us a band only for gay people or for women," she said.

Seven studio albums later, the sisters have proved otherwise. Their latest release, Heartthrob, was a hit on both sides of the border and earned them three Junos last month, including pop album of the year.

As their audience expands, they've gained a higher profile in the gay community. Last Saturday, they were awarded outstanding music artist at the GLAAD Media Awards, beating out high-profile musicians including Lady Gaga and Elton John.

"I think this year, because we were able to reach so many more people, and we were getting on to pop radio and talking openly about who we are and our sexuality, I think a lot of people in the gay community took notice," said Tegan, 33.

Tegan and Sara will have their highest profile yet when they headline the closing ceremony of WorldPride 2014 in Toronto this June. The 10-day international festival, which starts June 20, celebrates all things LGBTTIQQ2SA (lesbian, gay, bisexual, transsexual, transgender, intersex, queer, questioning, two-spirited and allies).

The opening ceremonies on June 20 will feature performances by Melissa Etheridge and Deborah Cox. There will also be a human rights conference at the University of Toronto, with activists from around the world. Tegan and Sara will cap the celebrations with a free concert at Yonge-Dundas Square on June 29.

The Calgary-born Quin twins first attended Toronto Pride on one of their first trips to the city when they were 18, shortly after coming out as gay, Tegan said.

"I remember at the time really being blown away with how many people were there and how many different kinds of people celebrated. It was like the whole city was uniting and being excited about this thing that usually, based on my experience in Calgary, was very much just a gay thing," she said.

Quoted

"I think I had a genuine fear that that's all anyone would have been interested in."

Tegan Quin of Tegan and Sara on her initial fear of being labelled a "gay band"

But at the start of their music career, Tegan said the sisters were worried about being defined as only a gay band.

"I think I had genuine fear that that's all anyone would have been interested in."

That fear drove the pair to push back in the early 2000s, diversifying their sound and trying to break out of the category of "folk artist" they'd been relegated to, Tegan said.

While they were always supported by the gay community, people mistakenly assume that's their only fan base, Tegan added. They found greater traction in the indie rock and alternative scenes, scoring a breakthrough radio hit in 2004 with Walking With a Ghost.

In hindsight, Tegan said, their initial reluctance about being defined as "just a gay band" was unfounded.

"If I could go back and say anything to us, it's that we didn't need to feel fearful. People were going to embrace us because we were going to write about our experiences and those experiences were going to resonate as universal."

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Toews' new book inspired by her sister

All My Puny Sorrows. Author's heartbreaking novel explores theme of assisted suicide

You can't make this stuff up. As inarticulate and clichéd as that may sound, it might be the best way to describe the devastatingly heartbreaking — and hilarious — story Miriam Toews tells in her new book, All My Puny Sorrows.

And that's because Toews, winner of numerous literary awards for her earlier books including A Complicated Kindness, *isn't* making it up. The story of the love two sisters have for each other, even as one is repeatedly (spoiler alert) trying to commit suicide is "quite autobiographical," the Torontonian explains in an interview on the eve of the book's publication.

"The relationship between Yolandi and Elfrieda is certainly taken from my own life, my relationship with my sister.

"My sister attempted and finally succeeded in killing herself. There are parts of the book that are more fictional than others, it's certainly fiction, but the major central relationship is informed by my life, by reality."

And for years that reality centred on trying to prevent her beloved sister from committing suicide, as her father had done before her.

Quoted

"It's certainly fiction, but the major central relationship is informed by my life."

Miriam Toews, author, on her new book, All My Puny Sorrows

So why not just write a memoir, as she did about her father (Swing Low: A Life)?

"In writing fiction, I can be free," Toews explains. "I can use my life. The raw material is my experiences. (But in fictionalizing it,) I can set the tone, the voice, the pace. I can embellish. I can exaggerate. I can create. There's just more freedom. It's the direction I go in when I write. It's what I do."

But it's in the reality that Toews explores a major theme in the book: whether we should allow assisted suicide, as they do in Switzerland.

"I spent so much time with my sister during those months, during the months she had made these attempts, and I came to realize she was very, very serious. That she was saying she was competent, that she was suffering and that her suffering was profound. That psych pain is as real as any physical pain, and it was manifesting itself as physical pain as well as psych pain. There's a point in the book where Yolandi says to Elfrieda: 'Now you have to fight,' and Elfrieda says to Yoli, 'I've been fighting for 30 years.'

"My sister said that to me. And that really struck me. And I said, 'Yes, that's true.'

"I had to ask myself all sorts of questions: If I loved my sister — and I did in the same way Yolandi loves Elfrieda — what does love mean? How do we help a person? How do we reduce a person's suffering? What are our obligations? What are the rights of the individual in terms of determining the end of their lives?

"All of these are huge, huge questions.

"And when you're in that situation, all you can think of is wanting to save a person's life, wanting to keep them alive ... so it was a shift in my thinking and a shift in Yolandi's thinking when she really starts to think about it and to think about how she can be the best possible sister to Elfrieda."

Toews says she isn't so much making the argument for assisted suicide as she is "presenting certain questions to hopefully allow readers to think about things that maybe we as a society haven't given much thought to."

What informs Toews' thinking on the issue, though, is "going back to my own experience and seeing my sister in such agony, and thinking of her having to die violently and alone; that there were no other options for her made me think, made me really think of the idea of assisted suicide of providing a peaceful, good death."

TORSTAR NEWS SERVICE

Author Miriam Toews in the Toronto home she now shares with her mother and daughter. VINCE TALOTTA/TORSTAR NEWS SERVICE

3 songs for the weekend

Sound Check

ALAN CROSS

A British trip-hop sensation, a tune inspired by an "orgy" of influences, and a metal take on a Wham hit.

Hey Now/ London Grammar

Trip-hop (remember that?) from Nottingham that has caused a sensation in the U.K. and is now trying to cross the Atlantic. This was one of six singles peeled from their British release.

God I Hate Clubs/ SIIINES

This outfit describe themselves as: "If Motley Crue, David Guetta, Nirvana and Deadmau5 had an orgy." I get where they're coming from with this song.

Careless Whisper/ Addicts of Affliction

The recording wherein a Montreal band tackles Wham's monster hit in a metal style. If you need more, they also do Chris de Burgh's Lady in Red.

See that symbol? It means you can scan this image with your Metro News app to listen to Alan's recommended songs.

Mind the App

Distraction generator

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An entertaining mix of online videos that's sorted to match your mood, taste, and time of day, 5by's endless selection of distractions will help you unwind and chase away boredom.

Video game review

Name. Family Guy: The Quest for Stuff

For. iPhone/iPad/Android

Rated. Mature 17+

Taking the formula used by The Simpsons game and directing it toward an adult audience, The Quest for Stuff has you recreating Quahog through simple, tap-directed tasks. Each task has a time delay you'll have to pay to dismiss, so this free game is actually quite expensive. The payoff is in seeing characters recreate crude moments from the show in full animation and audio. Quagmire gets his bird stuck in a bottle while Bonnie twerks a stripper pole. Nothing is off-limits, so watch your kids and your money.

KRIS ABEL

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Prince Harry ALL PHOTOS GETTY IMAGES

Not royal material? Harry's friends don't see Cressida being a happy princess

There's been ample speculation that the next royal wedding will be between Prince Harry and girlfriend Cressida Bonas, but some of his friends don't think that's such a hot idea, according to E! News. "There is a growing feeling among a small section of them that Cressida isn't the perfect choice for him," a source says. "I don't think it's because there is anything wrong with their relationship or they don't like her, but there is concern that she is too much of a free spirit to be happy in the royal family long-term. They worry that she wouldn't be able to fully adapt to that lifestyle. They think she's too carefree and would find it difficult to live by the protocol that comes with the job, which of course it is. It might be too much of a constraint for her. And that could cause problems for everyone."

That '70s baby: Mila and Ashton expecting a girl and couldn't be happier

Mila Kunis

It looks like it's going to be a girl for Mila Kunis and Ashton Kutcher, according to Us Weekly. Several sources confirm in the magazine that the pregnant Kunis is expecting a daughter. It will be the first child for the soon-to-be-married couple, though Kutcher was previously stepfather to Demi Moore's three daughters. "Mila absolutely loves being pregnant," one source says, while another adds that the equally ecstatic Kutcher "is dotting on Mila." No word yet on a due date or a wedding date.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Looks like someone skipped their love vaccine

MELINDA TAUB
Metro World News

If Donnie Wahlberg wants to get vaccinated against anything, he should do it soon: He and Jenny McCarthy are engaged.

McCarthy got choked up Wednesday morning on The View as she announced her engagement to 44-year-old actor Wahlberg, and her cohost Barbara Walters offered her apartment as a wedding venue. McCarthy and Wahlberg have been a couple since July 2013. They met on the set of McCarthy's now-defunct talk show.

McCarthy had hinted to her Twitter followers earlier in the day that she had some big news in the pipeline.

This will be the second marriage for both bride and groom. McCarthy was married to John Mallory Asher from 1999 to 2005. They have an 11-year-old son, Evan. She also dated actor Jim Carrey from 2005 to 2010. Wahlberg was married to Kim Fey from 1999 to 2008. They have two sons, Xavier and Elijah.

No word on where the bride and groom are registered, but I'm planning to send them an elegant bouquet of vaccines.

Elizabeth Olsen

Avengers: Age of Secrecy? Olsen 'terrified' to spill any info about movie

Elizabeth Olsen admits she was more than a little intimidated about joining the returning superheroes of next year's Avengers: Age of Ultron, but being the new kid on a super-team isn't nearly as daunting as maintaining the level of secrecy a Marvel film requires. "Any time they give us a call sheet or any time there's a new draft, they have to shred our old papers. I don't think I'm allowed to say anything. And I'm too terrified," she tells Flaunt magazine. "I really just feel like I'm doing something that's top secret and somehow has a lot more importance than anything else I've been around, so that alone is hilarious. I want to take a photo and send to my friends — not that I want to tweet or Instagram it, just for personal reasons — and I feel like I'm going to get in trouble if I take a photo on set."

Twitter

@aaroncarter
The Forrest Gump soundtrack is the epitome of my life.

@kirstiealley
It's hard to be funny these days...many take things literally ... and social media trolls think they are literate.

@iamwandasykes
My in-laws are staying with us. Fondue for dinner...I feel like I just ate four grilled cheese sandwiches.

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LIFE 3

A runway that's run their way

The Anti-Agency is the modelling agency that won't get in line and conform. The founders explain why their company favours an attitude and a backstory over a conventional cut 'n' paste face

Mimi Wade / ANTI-AGENCY

Amy Blakemore / ANTI-AGENCY

Chris Tanner / ANTI-AGENCY

"I have no problem with models getting their tits out but I do have a problem when there's an extreme disparity between how men and women are presented," asserts Anti-Agency model Amy Blakemore. The shaven-headed, award-winning poet adds, "Implied submissive is the only thing that I would refuse to do for a client — it's a feminist principle thing." She chuckles.

It's not an opinion that's often vocalized amongst the fashion industry, let alone its silent model subjects. "We don't hire people who want to be models," says Anti-Agency co-founder Pandora Lennard. Lennard and her business partner Lucy Greene, who are officially launching the London-based agency this month, put no pressure on any of their ineffably beautiful, tattooed and pierced model misfits to conform to any industry standard statistics. They're in control of their appearance from body hair to BMI, as well as the jobs that they take on.

The fashion world has never truly been a great advocate of free speech or choice amongst its models. So are the 24-year-old founders not concerned that outspoken individuals could potentially be bad for business? "Brands like someone who authentically represents their identity," argues Greene. "They know they're not going to get some quiet model; they're bolshie but well-behaved."

It's an attitude that fits well with clients such as Dr. Martens, Vivienne Westwood and ASOS. "If you're being booked through the Anti-Agency, both the model and the brand know what to expect," says musician, model and barman Chris Tanner. Makeup artist and model Portia Williams agrees, "They take you on for who you are and not just the way you look."

The fashion stylists' counter-intuitive business model suits a generation of 20-somethings who can't be defined by a single job title — it's the rise of the model / DJ / any other artsy career.

"Our models are aspirational and people want to get to know them beyond just an image," says Lennard. They're part of a new wave of 'personality girls' like "[rainbow-haired] Chloe Norgaard, Cara Delevingne and Kendall Jenner."

Indeed, social media self-promotion has the public tuning in to the private lives of models in a previously unprecedented way. "It's about them as individuals," says Greene. It's the reason in the celebrity sphere that we expect the impromptu Instagram image of Delevingne's tongue or Miley Cyrus' bum. The talent agents use social media themselves to scout for future faces. "You can see into their lives through Facebook and Instagram," explains Greene. "It's Facebook stalking. We've had 2 a.m. phone calls like, 'Have you seen this girl?'," admits Lennard.

The new model beauty: Portia Williams / ANTI-AGENCY

And for the duo — who first saw the business as an opportunity to help out their cash-starved creative friends — it's time to take advantage of fashion's current craze for kookiness and expand their 50-strong roster to the global market. And who knows, the Anti-Agency's new model army might just make conventional beauty seem oh so last season.

METRO WORLD NEWS IN LONDON

Colour splash clothing

Squint your eyes: this selection makes Crayola crayons look drab. Yes, this spring is the season to step out in a shamelessly bold and bright ensemble.

METRO WORLD NEWS

Uniqlo cashmere crewneck sweater, $90, uniqlo.com

Nike Internationalist sneakers, $132, asos.com

Zara bomber jacket, $99, zara.com

Band of Outsiders chinos, $250, mrporter.com

Canadian street style

Spotted in: Toronto

Name: Jennifer Dang

Age: 26

Occupation: Bridal Stylist and Buyer

What she's wearing:
"Ninety per cent of the time, you will find me wearing a dress. I made my knee-length black chiffon skirt from an old bridesmaids dress from Ferré Sposa, which has become a staple piece in my wardrobe. My top is actually a dress I ordered online from forever21, along with my belt. I'm also wearing black suede pumps from Michael Kors, an oversized purse from H&M and my Jacket is from Mackage."

Her inspiration:
"If you ever meet my mom, you would probably say her! But since you likely won't, I would describe her style like Audrey Hepburn's, timeless and elegantly feminine."

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Have you ever considered using activated charcoal to help improve your skin? Go online to Trends Report to check out all the latest charcoal skin-care products that have recently flooded the market and let me know, is this really a new beauty secret or have you been using charcoal-based skin-care products for years?

- **Online.** Follow Irene on Twitter at @MetroIreneK or Instagram: kuanirene; metronews.ca/voices/trends-report

Photo courtesy of Sephora

BAYSHORE
FASHION FILE
BAYSHORE SHOPPING CENTRE ANSWERS YOUR FASHION & BEAUTY QUESTIONS.

Q: WHAT IS THE LATEST SCENT FOR SPRING? – M.S

A: One of the hottest perfumes for Spring is Karl Lagerfeld's self-titled new fragrance. According to Harpers Bazaar: "The Kaiser's first fragrance begins with a fruity dose of lemon and peach, moves into floral notes of rose, magnolia and plumeria, and ends in a deep, woodsy base." You can find this delightful scent at Hudson's Bay or Sephora!

Q: WHAT IS A FASHIONABLE FOOTWEAR CHOICE FOR A WALKING SHOE THAT REMAINS DURABLE AND COMFORTABLE? - K.O.

A: Ecco has a fantastic selection of footwear that is designed with both style and comfort in mind. They have a range of shoes for both day and evening that will put the spring back in your step! The "Touch 15 Laser Cut Ballerina" flat comes in several colours, and is sure to be a new favourite!

Q: JEWELLERY STYLES SEEM TO CHANGE EVERY SEASON, FROM SLEEK AND CHIC TO BIG AND BOLD. WHAT IS IN NOW? – R.L

A: This season it's all about bold pops of colour and large faceted stones to achieve a revitalized summer look. Take your inspiration from stores like Banana Republic and Magnolia to find the perfect statement piece. Paired with a classic look, bold jewelry brings your outfit to a whole new level of style. These statement pieces can, however, be versatile enough to pair with a nighttime outfit or a summer dress, as well!

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metro
WEDDING PLANNER
Weekend, April 17-20, 2014

Today's brides-to-be are looking for an alternative to the traditional wedding dress. CONTRIBUTED

Alternative choices

Personalized. A wedding dress isn't just a dress — it's an esthetic, environmental, ethical choice

STEPHANIE ORFORD
For Metro

Something old, something new, something different

A wedding dress isn't just a dress.

It's an esthetic, environmental and ethical choice, says Meaghan Brunetti, owner of the Handmade Bride, an indie bridal shop that opened in Ottawa last November. The brides-to-be that come in the door are looking for an alternative to the traditional wedding dress.

Today's brides "don't want a poofy, blingy dress," said Brunetti, adding that when garments are made from scratchy or cheap synthetic materials and mass-produced overseas, they feel "cold and plastic."

Handmade

"These are millennial brides. Everything they purchase they want it to have a story behind it. Having something made just for you, there's a story behind your garment."

Brunetti's shop specializes in that handmade, personalized feel. Every bride comes in and gets a fitting, then orders her dress style through the store, which is then made bespoke by one of the nine independent designers with whom Brunetti works.

Every design is "super customizable," she said, which saves time and money on necessary alterations after the dress comes into the store.

Feel is key

The texture of the fabric and the way the dress feels on your body are equally as important as how it looks, Brunetti said.

"I choose fabrics that aren't polyester based. I really don't like that. I like it to feel really gorgeous when you put it on."

Open-backed styles

"Open backs are very in, whether it's a keyhole back, or a very low plunging back," said Brunetti, adding that the style looks great on many shapes and sizes.

The modern veil

"Ninety per cent of the girls that come to my store don't want to wear a veil at all, but once they try on the birdcage veil they like the look," Brunetti said.

The shorter veil around the face is chic, low-maintenance and adds something different to the bride's ensemble.

Love, Handmade

- This Saturday, the Handmade Bride will be hosting Love, Handmade, an indie wedding show.
- "We chose every vendor — all local eco-vendors," says Meaghan Brunetti, owner of the Handmade Bride. It runs from 11 a.m. to 4 p.m. at Memorial Hall, 39 Dufferin, New Edinburgh, Ottawa. Tickets are $10-15.

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Be in the moment

Managing stress. Weddings can be both super emotional and stressful, but they don't have to be

STEPHANIE ORFORD
For Metro

The term bridezilla exists for a reason — wedding stress can create "zillas" out of pretty much anyone.

So what can you do to make your wedding as stress-free as possible?

"Besides hiring a wedding planner?" Stacey Price, owner of Marry Me Productions, said with laugh.

Price gave Metro three tips that will save brides and grooms few grey hairs.

Prioritize

"Weddings are super emotional and super stressful, and when you throw money into that, that's a whole other problem," Price said.

As you are laying out your budget, pick out the top three vendors that you aren't willing on which to compromise.

Typically, these are food, photography and flowers or entertainment, depending on the couple's tastes, Price said.

Besides these top three items, "all the other things they should be willing to budge on. That alleviates some of the stress around money."

Manage family expectations

The bride and groom should be aware of the expectations their friends and family will have for the wedding, and manage those.

"Really decide who you want to have in your corner when you go to those meetings (with vendors), and who can stand up for you and really make sure your vision really comes to fruition."

If your friends and family really want to get involved, designate each to take care of a particular part of planning, such as co-ordinating the transportation or the music, Price said.

At some point you need to let go and just have fun on your wedding day. CONTRIBUTED

Most important piece of advice: Be in the moment

"At some point you need to let it go. If the chair ties aren't the right colour of pink that you ordered, you can't worry about that on the day-of," Price said.

"We've had brides that have had an outdoor wedding, and it's absolutely poured rain, and the bride just gets on her boots and dances anyway. It makes some of the best nights."

On the big day

The wedding day is one big reason to get a wedding planner, Price said. "A lot of people really love planning, but on the day-of, you can't be the boss and the belle of the ball at the same time."

Wedding planners handle all the details

Are you thinking of hiring a wedding planner for your big day?

Here are a few things you should know before bringing one on.

1 They handle the details. "A planner suggests all vendors based on the couple's theme, style and budget," said Danielle Andrews Sunkel, a wedding planner and co-founder of the Toronto-based Wedding Planners Institute of Canada Inc. (WPIC). Other tasks include helping the couple staying within budget, keeping the schedule on track, dealing with vendors, arranging appointments and more.

2 They can save you money. Do you think a planner is too pricey? "Planners know the quality professionals and offer the cost savings of an expert who benefits from discounts of vendors," Andrews Sunkel said. "They can help avoid costly mistakes."

3 They work on percentage. "Hiring a planner will be about 10 to 15 per cent of the wedding budget, so, on average $2,500 to $5,000, depending on their level of experience and the complexity of your wedding — think how many vendors, guests and elements they will be managing," Andrews Sunkel said.

ASTRID VAN DEN BROEK

Evolution. Wedding industry says 'I do' to the environment

Gone are the days of disposable wedding clothes, decor and favours. Eco-friendly weddings are becoming the norm, says Krista Leben, producer of Wed by Hand wedding show in Ottawa.

"It's really been neat to watch the wedding industry evolve over the past five to seven years," Leben said. "We're seeing a lot more eco-friendly solutions. People want their weddings to reflect their values."

Sustainable catering

More caterers are offering seasonal, humanely raised and locally grown foods, "so your carbon footprint is smaller," Leben said.

Many caterers also take care to reduce waste during preparation, maximize the uses for each ingredient, and use the "nose-to-tail" approach to cooking meat.

Vintage rental companies

Instead of creating your own decor from scratch and never using it again, rent it from a prop company. That way it gets reused, Leben said.

Rental services offer all sorts of props with character, including old cameras, vintage jars, picture frames, old sofas and crates.

Buy local, seasonal blooms

"There's a movement toward florists that use local blooms and things that are in season as opposed to importing stuff that's from across the country or even overseas," Leben said.

Locally grown bouquets are available for every season, as long as you are flexible on what flowers you use. It's just like eating in season, Leben said. Buying fresh and local "makes things a lot more interesting and fun."

Get a pre-loved dress

A growing number of wedding dress boutiques are offering pre-loved wedding dresses for a fraction of the price of new.

Buying one is more like everyday clothes shopping, Leben said. Because these dresses are one-of-a-kind, you will have to find a dress that's close to your size, then get it tailored to fit.

"It's more what you see is what you get. You may have to do a bit more searching, but it's more straightforward."

STEPHANIE ORFORD

Romantic destinations

ASTRID VAN DEN BROEK
For Metro

Do you have your eye on a sunset wedding on the beach?

"Destination weddings are low-key with important elements emphasized such as quality time with guests, excursions, florals, photos, food and entertainment," said Tracey Manailescu, wedding planner and co-founder of the Wedding Planners Institute of Canada Inc. (WPIC) in Toronto.

If this is what you are planning for your nuptials, here is what you should know.

Dos and don'ts

- Don't pack your wedding dress in the luggage, says Tracey Manailescu, wedding planner and co-founder of the Wedding Planners Institute of Canada Inc. "Bring it as a carry-on piece."
- Do a site visit to the location.
- Don't forget to update your passports.

Where to go

If a specific destination hasn't caught your eye, today's popular choices include Mexico, Bahamas, Las Vegas, and Europe, specifically, Italy, Greece and Turkey, Manailescu said. And once you have chosen where you will exchange your vows, get going on lining up guests.

"Some people you want to be there might not be able to due to travel costs or challenges," said Danielle Andrews Sunkel, a wedding planner and fellow co-founder of WPIC.

Those who can attend often have to book their trips within a month of you booking the wedding.

Destination weddings are low-key with important elements emphasized such as quality time with guests. SHUTTERSTOCK

Look at the specifics

Planning a wedding in another city can be difficult, so be diligent and do your homework about what your host country requires and what specifics the resort has.

"If you're getting married on a resort, remember you might not be able to change your wedding ceremony time due to inclement weather," Andrews Sunkel said.

She also reminds couples to look at the specifics such as language and documentation.

"You may need to pay for an interpreter for the wedding and to translate any marriage documents. Many locations also require the couple to have blood tests or even X-rays on location before they can get a marriage licence."

The money

Destination weddings can sometimes be more cost-efficient than a traditional wedding — planners estimate that traditional weddings run between $10,000 to $60,000, while destination weddings often settle in at around $17,000, Manailescu said.

Get the perfect look

Are you still searching for the ideal hair and makeup looks for your big day?

Here are three of the season's top trends:

For a chic trumpet or sexy mermaid dress, go for vintage glam.

"The shiny wave is retro with a modern inspiration," said celebrity hairstylist Matthew Collins.

If your hair is fine, give it a volume boost with extensions.

"This style looks great with hair tucked behind one ear and pinned back with a vintage brooch," Collins said.

"Make the eye the focus for glam chic makeup," said makeup artist Bree Powell. "Go with a modern smoky eye using two tones of brown."

Keep the rest of the look very natural and finish up with a natural matte lip. Contoured cheeks are a nice touch for brides

"It gives the face dimension and highlights cheek bones, making the face appear slender," Powell said.

For a beautifully classic bride, "a trendy version of an updo that's popular right now is the low braided bun," Collins said.

The style is smooth on top, braided at the nape of the neck and pinned into a bun, or hair can also be built into a high sculpted bun for princess-inspired elegance.

"Dress the look up with false lashes and bright lip colour," Powell said.

Go with a Bohemian-inspired half updo for something soft and romantic.

MICHELLE WILLIAMS

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So many ambitious homeowners are afraid to invest money in their places, knowing they will be moving onward and upward every couple of years until they reach the final home of their dreams.

Owning a temporary or transitional space doesn't mean it can't evoke style and reflect your taste. That being said, investing in custom decor ideas for each place can be a huge waste of money as you move your way up the real estate ladder. To help inject style and trends into your life until you finally reach your dream home, the secret is to think like you're living in a temporary rental.

Here's where you should and should not spend your money:

DON'T invest in fancy trims, moulding installations or painting an entire room. Adding easily-removable wall decals or painting a focal wall a fashionable colour are two options that can easily be removed or erased when you are ready to sell.

DO invest in large accessories that can make an impact in your home. Fine art, carpets, side tables and lamps often help inject much-needed high design in a boring space. Spend as much as you can afford and keep them forever; these sort of things can move easily to your next abode, travelling with you for life.

DON'T overspend on custom pieces that cannot be used in your next home. L-shaped sectional sofas, custom closet fittings and outdoor furnishings are all site-specific in size and make for lousy investments when living in short-term accommodations.

DO spend money on upgrades that will get you a better buck when you sell. Stone kitchen counters, wood floors and pre-wiring for technology are all upgrades that you can enjoy knowing you'll get your money back when selling.

Accessories that travel are great investments in temporary locations. Motely rug, $400, CB2.com.
ALL PHOTOS CONTRIBUTED

No need to paint or add mouldings to add character to your space; simply stick up removable wall decals and create the focal wall of your dreams. Wall Pops Stripes from $15, WallPops.com

Investing in an easily moved home accessory means enjoying it for life. My expensive dream: Bell Side Table by Sebastian Herkner, $3,200, Avenue-Road.com

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A ladybug is a gardener's pest friend

Many gardeners use pesticides — organic or otherwise — only as a last resort. They opt instead for such predatory insects as ladybugs, like the one shown above, which can be bought commercially and released from containers into the garden. DEAN FOSDICK/THE ASSOCIATED PRESS

The owner of this hobby greenhouse , in Langley, Wash., provided plants producing flowers with shallow-based nectaries that attract small beneficial insects. You can introduce predatory insects into your greenhouse but they won't stick around long unless they're surrounded by a diverse and pesticide-free environment with plant-based foods. DEAN FOSDICK/THE ASSOCIATED PRESS

Mini-predators.

Protect your garden the natural way with a tiny army of insect-eating bugs

Gardeners worried about the safety of synthetic pest-control products sometimes turn to botanically derived compounds instead. But many of those also contain toxic ingredients such as nicotine, rotenone and pyrethrins.

"Botanically derived pesticides are not always safe and some are more hazardous than synthetics," said Linda Chalker-Scott, an extension horticulturist at Washington State University's Puyallup Research Center. "Any improperly used pesticide will contaminate nearby terrestrial and aquatic systems."

And don't use home remedies, she said, which could be "illegal and possibly fatal to many good things in your garden."

Instead, consider the benign-neglect school of pest-control — a mix of prevention (such as maintaining healthy soil) and natural controls (such as insect-eating insects).

"I don't add fertilizers. I don't use pesticides. I use a wood chip mulch, which provides habitat for beneficial insects like predacious ground beetles that may eat slugs and slug eggs," Chalker-Scott said in an email.

Ninety-nine per cent of the insects in our yards are benign or even beneficial, writes Jessica Walliser in her new Attracting Beneficial Bugs to Your Garden: A Natural Approach to Pest Control (Timber Press). She recommends introducing insects that eat other insects.

"A single ladybug — probably the most illustrious beneficial predatory insect — can consume up to 5,000 aphids during its lifetime," Walliser says, adding that there are thousands of other insect species capable of doing the same thing.

To keep these predatory insects around, however, you have to offer a diverse and pesticide-free garden with plenty of plant-based foods.

"Just like people, most species of beneficial insects need a balance of carbohydrates (found in nectar) and protein (found in their prey) in order to survive," Walliser said.

Provide plants that produce flowers with shallow, exposed nectaries, she said. "Many beneficial insects are very small and don't have specialized mouthparts for accessing nectar from tubular flowers. Members of the carrot family and the aster family are great places to start."

Prevention, though, is probably the best way to keep problem insects away, said Christy Wilhelmi, a garden designer from Los Angeles and author of Gardening for Geeks (Adams Media, 2013).

"If you have healthy soils, you won't have as many pests and you won't need to use pesticides," she said. "Avoid (plant) stresses. Have soil with a lot of organic matter in it. Check your garden every day and you won't need pest control." THE ASSOCIATED PRESS

That's one green, mean aphid-eating machine

"A single ladybug — probably the most illustrious beneficial predatory insect — can consume up to 5,000 aphids during its lifetime."

Jessica Walliser, author of Attracting Beneficial Bugs to Your Garden: A Natural Approach to Pest Control

How to go bug wild

Where to find beneficial insects? Aside from luring wild singles into your yard with the necessary food, water and shelter, you can simply buy several hundred for release from containers at garden centres or on the Internet.

IT'S A MATTER OF MAKING A SHIFT

SET A GOAL TO TRY TO TREAT THE EARTH PROPERLY

FLICKR/CHIOT'S RUN

Every year, Earth Day Canada organizes a campaign for the month of April to help educate and engage people of all ages and backgrounds to lower their environmental footprint. With Earth Day approaching on Tuesday, the Make It Count campaign is focusing on four action categories — eat, grow, transform, and share.

Canadians have been encouraged to set a goal for the number of actions they want to complete in each category throughout the month and count them using an online printable calendar. Then they are invited to share the results using the #MIC4ED hasthag to compare totals with friends, classmates, colleagues and people in other parts of the country.

Earth Day Canada president Deb Doncaster believes it's important to integrate Earth Day practices into regular activities; it's something she strives to do herself.

"Every day, I ride a bike to work and walk my son to school," she says. "I don't own a car, I'm a member of a local food co-op and I grow vegetables in my backyard."

Making seasonal, sustainable food choices is part of Make It Count's mission. Where we buy our food, what we eat and how we handle food waste can have a huge impact on the environment, economy and society.

Plants help purify and regulate the water cycle, store large amounts of carbon dioxide and are found at the base of the food chain. Tending to indoor or outdoor plants, herbs or vegetables is an easy place to start making a difference.

Transforming and repairing broken or old items, which is called "upcycling" or "repurposing," can save tonnes of waste from landfills. And one of the best ways to learn how to treat the planet properly is by sharing your knowledge with others, whether you do so by posting information on social media or writing a letter to a politician.

"Each Canadian has a responsibility to do what they can to lessen their impact on the Earth," Doncaster says.

"But integrating this into your daily activities has many great personal benefits, too, such as reducing stress and leading a healthier lifestyle. It's just a matter of making that shift."

– Jane Doucet

TEACHING KIDS THE VALUE OF OUR PLANET

This April, thousands of kids across Canada are choosing to Act for the Planet in several interesting and planet-friendly ways.

By participating in this campaign, kids can post a photo or drawing of their environmentally friendly activity on Ecokids.ca. Examples that have already been posted include a monthly beach cleanup in Sidney, B.C., and a Cubs group in Sylvan Lake, Alta., that went on a 20-minute walk and filled 10 grocery bags full of garbage.

Another great example is from Jace and Finleigh in Winnipeg. Each year when the snow is gone, they walk around the neighbourhood with their family and pick up the litter that has accumulated during winter.

There is also a contest — those who register in the campaign have a chance to win one of two tablets and one of two cameras courtesy of Sony.

It's vital to teach children the value of treating our planet kindly.

"Successful education in any form should start early and should be engaging and fun," says Ayal Lesh, Earth Day Canada's director of programs.

Children love taking part in nature-based or environment-focused activities.

"That's part of the reason why we decided to run the Act for the Planet campaign," Lesh says. "So that the kids can be recognized for their work and other people can see how creative they are."

– Jane Doucet

CANADIAN WILDLIFE FEDERATION
FÉDÉRATION CANADIENNE DE LA FAUNE
CELEBRATE EARTH DAY!
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You could win a trip to Calgary and participate in species-at-risk conservation field research.
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Get walking, Canada! This year when you join the Canadian Wildlife Federation's Walk for Wildlife, you can help support CWF's conservation efforts on behalf of at-risk species, like the burrowing owl.
Register for FREE at WalkForWildlife.ca
The Walk for Wildlife Fundraising Loyalty Program is open to Canadian residents who are not residents of Quebec. To enter, participants must register at WalkForWildlife.ca before May 22, 2014. Once submitted, all contest entries become the property of CWF. Minors participating in this contest must receive written permission from their parents or guardians before participating, and be prepared to share this proof of permission with CWF when requested. Prizes must be accepted as awarded and are non-transferable, nor can prizes be redeemed for cash value. Estimated total value of the grand prize is $2,865.00. Full terms and conditions are available at WalkForWildlife.ca.

WORKING WITH COMMUNITIES

CONTRIBUTED

Environmental stewardship is a complex and subtle discipline. Many cultures around the world approach it in different ways and they all have their own unique insights and solutions.

The Earth Day Canada Tapestry program began as an acknowledgement that diverse cultural groups have many things to offer the environmental movement. Tapestry aims to bring diverse communities, community organizations and environmental sector stakeholders together in the Greater Toronto Area and southern Ontario over the next two years, and then nationally in years 4 and 5 to come up with new, collective ways to affect widespread and sustained environmental change.

Eduardo Garay is senior adviser — local and international programs at FutureWatch Environment and Development Education Partners. This not-for-profit organization helps connect new Canadians and those living in diverse communities in the GTA and elsewhere with their natural environment. He is on the Tapestry advisory council and his group is one of the stakeholder groups that have joined forces to support Tapestry.

"Tapestry is an upshot of a diversity research project conducted by Earth Day Canada in 2013," Garay says. "We looked at the capacity for an environmental organization that could work with a variety of communities."

Tapestry's goals include establishing more diversity on environmental sector boards and developing a diverse group of speakers who can communicate environmental issues to the media, to the general public and to interest groups. It is also developing a two-year community leadership program and a web-based resource toolkit that will be available in 10 languages.

The Tapestry program is sponsored by the TD Friends of the Environment Foundation and the Ontario Trillium Foundation.

– Tom Mason

M.E. LaZerte School in Edmonton won a $25,000 computer lab from Staples Canada.

CONTRIBUTED

RECYCLE FOR EDUCATION

Winning a new computer lab for your school is impressive enough. For the 700 schools across Canada that took part in this year's Recycle for Education program, the chance to make a difference to the environment and their planet was the real reward.

The competition, sponsored by Staples Canada in collaboration with Earth Day Canada, gave 10 participating schools the opportunity to win a suite of computer equipment worth $25,000 to each school, for submitting the details of their own green plan.

"When we heard that we had won grant money from Staples for our school, we were ecstatic," says Shelley Kofluk, student leadership department head at M.E. LaZerte School in Edmonton, one of last year's winners.

Leigh Pearson, director of facility, environmental and procurement at Staples Canada, says the Recycle for Education program squares perfectly with her company's core values.

"We're passionate about education and we're also passionate about the environment. We can learn a lot from students when it comes to finding ways to protect our environment. They have a lot to tell us, and the Recycle for Education program gives us a way to tell their stories."

– Tom Mason

CONTRIBUTED

HOMETOWN HEROES

In February 2011, Lyda Salatian founded the Lower Mainland Green Team, a group of volunteers who help Metro Vancouver parks, municipalities, non-profits and other organizations tackle environmental issues through teamwork and co-operation.

The Green Team combines Salatian's passion for the environment and her organizational skills. Volunteers have planted native plants and trees, such as Douglas fir, Western red cedar and Sitka spruce, picked up litter, removed invasive plants, such as English ivy, Scotch broom and periwinkle, and prepared and harvested vegetable beds, among other initiatives.

Earth Day Canada chose the Lower Mainland Green Team as the recipient of its 2013 Hometown Heroes Group Award, which recognizes a Canadian group that demonstrates outstanding environmental leadership, commitment and achievements in local communities.

"The Hometown Heroes Award sends a message that the work of our volunteers is very much valued and respected," says Salatian, the Lower Mainland Green Team's director.

Salatian has been so inspired by her volunteers that in the past year she founded a charitable organization called Green Teams of Canada, through which she plans to start other green teams in British Columbia and across Canada. This summer she will be riding her bike from Victoria, B.C., to St. John's, N.L., to raise funds and awareness about Green Teams of Canada.

In the meantime, Salatian and her volunteers are basking in the glow of the Hometown Heroes Group Award win, which she feels her team shares symbolically with all of the hard-working environmental stewardship and watershed groups across the country.

Salatian has already invested the $10,000 Hometown Heroes Group Award cash prize — made possible by program sponsors Mill Street Brewery and RBC — in a worthy initiative.

"Our Green Team put the money toward running more activities to engage youth and at-risk youth. It's so important to instill an environmental ethic in younger generations."

– Jane Doucet

POURING PINTS FOR THE PLANET

In 2011, Mill Street Brewery, which has two locations in Toronto and one in Ottawa, forged a formal relationship with Earth Day Canada. Prior to the partnership, Mill Street Brewery had developed a reputation as an environmental leader in the craft brewing industry.

"The partnership with Earth Day Canada stems from my personal beliefs about environmentalism," says Mill Street Brewery co-founder Steve Abrams. "I try to walk the talk with my family and as a consumer myself."

In just three years, the brewery has donated more than $250,000 to Earth Day Canada, in part through its Pint for the Planet and Lights Out campaigns. *– Jane Doucet*

Recycle with style at Value Village

Paid Advertisement

DID YOU KNOW?

Shopping thrift is a great way to snag fashionable clothing and one-of-a-kind accessories, collectables, books and household items for a bargain. Value Village purchases its merchandise from more than 60 nonprofit offices across Canada, which allows each store to stock nearly 100,000 items on its sales floor each and every day! So the selection is ever-changing and always fresh!

Shopping and donating at Value Village provides a great way for customers to reduce, reuse and recycle!

There are many ways consumers can make small changes in their daily habits in order to have a positive impact on the environment, from switching to energy-efficient light bulbs and eco-friendly cleaning products to carrying reusable shopping bags. What many don't realize is that one of the easiest ways to "go green" is by shopping thrift. When you shop at Value Village stores and donate reusable items to its nonprofit partners, you're keeping goods out of landfills and giving pre-loved treasures a brand new life.

"We know that families across Canada are clearing out their clutter and getting organized with spring cleaning," said Tony Shumpert, Vice President of Recycling Operations for Value Village. "By donating these items, instead of simply throwing them away, you can give back to your community and save quality goods from polluting the Earth. In fact, Value Village operates one of the largest recycling programs in the world, saving more than 600 million pounds of goods from landfills last year alone."

So how does it work? Every Value Village location partners with a charitable organization in its community, including Canadian Diabetes Association, Ontario Federation for Cerebral Palsy and Les Grands Frères Grandes Sœurs de l'Outaouais. All year round, each store pays its nonprofit partner for every donated item, including clothing, housewares, books and more. Over the past 10 years, Value Village has purchased more than $1.5 billion of goods from its partners – turning otherwise unused items into sustainable funding that supports the nonprofit's vital community programs and services.

The highest-quality items are priced at a great value and displayed on Value Village's sales floors for purchase, while merchandise not suitable for resale is responsibly recycled.

Residents with clothing or household goods to donate can call participating nonprofits for a home pickup or drop off their items at convenient Community Donation Centres located at every Value Village store.

For more information on Value Village's nonprofit partnerships and recycling efforts, or to find a Community Donation Centre near you, visit **valuevillage.com**.

GOOD JOB BOB!
Save 30%

When you donate two bags or boxes of reusable clothing or household items at the Community Donation Centre located at Value Village! Now thru May 3, 2014. Value Village pays local nonprofits every time you donate, and recycling helps planet Earth! Thank you!

Offer good now thru May 3, 2014. One coupon per visit. Minimum two box/bag requirement. Each box/bag must be equal to or larger than one full brown paper grocery store shopping bag. See coupon for details.

In our community, your donations benefit:

Canadian Diabetes Association

OFCP Ontario Federation for Cerebral Palsy

Les Grands Frères Grandes Sœurs de l'Outaouais

Donate at:

Value Village

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YOU JUST DONATED AT VALUE VILLAGE.

YOUR DONATION OF CLOTHING AND HOUSEHOLD ITEMS JUST BECAME FUNDING FOR A LOCAL NONPROFIT AND HELPS THE ENVIRONMENT. FEELS GOOD, RIGHT? WE KNOW!

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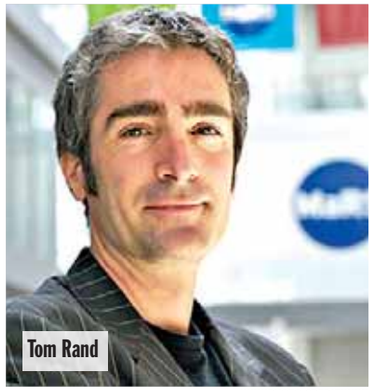

XXXXPHOTO-CREDITXXXX

TED RAND: MAKING A POSITIVE IMPACT

Deborah Doncaster still remembers her first Earth Day experience. The year was 2000, and she was with her niece and nephew at a tree-planting event in Rosedale Valley Ravine in Toronto.

"It was then that I really understood the satisfaction of doing something direct," she says. "A lot of my work before that was focused on being an activist and I attended many protests. But after that day, I got hooked on direct environmental action — less talk, more doing. It was something you could touch and feel. It was real and it was fun."

Today, Doncaster is president of Earth Day Canada, which organizes Earth Day events, as well as year-round programs to foster interest in the environment.

The outstanding commitment to the environment award is one of those programs — a prestigious annual award handed out to an exceptional environmental activist, teacher or thinker. Every year, Earth Day Canada chooses someone who has made a significant difference for the environment and who has truly set an excellent example of great environmental work to receive the award.

Tom Rand, the most recent winner, is a green entrepreneur, advocate, adviser, speaker, investor and the author of Kick the Fossil Fuel Habit: 10 Clean Technologies to Save Our World. *– Tom Mason*

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SHUTTERSTOCK

TAKE ACTION IN YOUR HOME

Celebrated every year on April 22, Earth Day is the largest environmental event in the world. More than six million people — including nearly every school-aged child — participate in Earth Day activities in their own communities.

It is a valuable reminder to respect the environment and do what we can to protect our planet. So this year on Earth Day, be sure to pledge an act of green.

Even at home, there are ways to take part in the world's most celebrated environmental event. Try these environmentally friendly tips that will also save you money on your energy bills:

• Cool down your house with a ceiling or electric fan and open up the windows at night. Ceiling fans cost about one cent for two hours of use, compared to 67 cents to a dollar for central air. Use your air conditioning only when necessary and be sure to turn it off when you are going to be away from home for long periods of time.

• Invest in a programmable thermostat. It will automatically adjust the temperature in your house, saving you energy while you are away or sleeping.

• Check the tightness on your refrigerator seal by closing the door on a piece of paper. If it's held in place, the seal is still good, if not, it's time to replace the seal or fix the door's alignment.

• Only do laundry when you have full loads. If you have smaller loads, make sure to use the correct settings and if you only have a couple of items, wait it out or wash them by hand.

– News Canada

Dress ham up in its Easter best

Glazed Sweet Potato Ham. While Thanksgiving is the traditional meat-stuffing time of the year, it doesn't have to be the only one

Thanksgiving, we stuff turkeys. Easter we stuff ... Hams!

It's not as crazy as it sounds. And it's much easier than you think.

The result? A delicious and beautiful baked ham stuffed with layer upon layer of sweet potato slices.

The trick is to use a spiral-cut ham. All those slices are the perfect place to insert a bit of flavour and colour to your ham. Simply start at one slice, use your fingers to gently peel apart the layers, then insert thin slices of sweet potato.

And if sweet potatoes aren't your thing, the same approach would work with butternut squash or Yukon Gold potatoes. Just be certain to slice the vegetables as thinly as possible. A mandoline is your best bet.

Nutritional information

Per serving

- 400 calories; 200 calories from fat (50 per cent of total calories); 23 g fat (17 g saturated; 0 g trans fat); 110 mg cholesterol; 19 g carbohydrates; 1 g fibre; 110 g sugar; 31 g protein; 1860 mg sodium

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. Heat the oven to 350 F .

2. Using a mandoline, slice the two large sweet potatoes very thinly. Place the spiral-cut ham, cut side down, in a roasting pan.

3. Carefully separating the layers of the spiral-cut ham, insert slices of sweet potato into each layer. Repeat this until every layer of the spiral-cut ham has been filled.

4. In a small bowl, stir together the apricot preserves and the black pepper, then spread the mixture all over the surface of the spiral-cut ham, ensuring it is evenly covered.

5. Bake Glazed Sweet Potato Ham for about 2 to 3 hours, or until the ham is heated to 160 F at the centre and the potatoes are tender. Allow the finished ham to rest for 15 minutes before slicing. THE ASSOCIATED PRESS

Ingredients

- 2 large sweet potatoes, peeled
- 7- to 9-pound spiral-cut ham
- 10-oz jar apricot preserves
- 1 tsp ground black pepper

This recipe serves eight.

Side. Broccoli Slaw

Easter side dishes deserve more respect, so here is a dish to liven up your offerings.

For a fresh take on salad, try a broccoli slaw seasoned with Dijon mustard, as well as the zests and juices of a lemon and an orange.

Chopped dried apricots add a sweet touch while toasted pine nuts offer a savoury crunch.

1. In a medium bowl, mix together the zests and juices of the orange and lemon. Whisk in the vinegar, mustard, salt, pepper and olive oil. Add the broccoli, apricots and scallions and mix well. Transfer to a serving dish and sprinkle with the pine nuts. THE ASSOCIATED PRESS

Ingredients

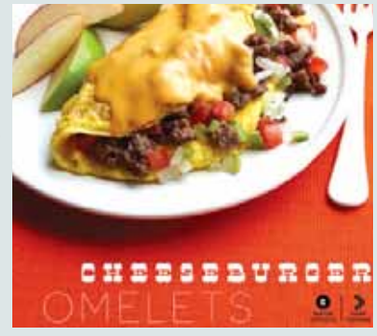
- Zest and juice of 1 orange
- Zest and juice of 1 lemon
- 1 tbsp white balsamic vinegar
- 1 tbsp Dijon mustard
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper
- 2 tbsp extra-virgin olive oil
- 2 heads broccoli, very finely chopped (about 6 cups)
- 1/4 cup finely chopped dried apricots
- 3 scallions, thinly sliced

For your phone

Dash Breakfast (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Offering 30 spring recipes to start the day off right and six cheery Easter crafts, this animated magazine includes apple-peanut butter French toast, microwave coffee cup scrambles, and waffle sandwiches.



STEAL THE SHOW

WITH FANTASTIC WHITE TEETH

SHUTTERSTOCK

If you have ever watched makeover shows on TV, you know that no matter what the experts do to hair, makeup and wardrobe, when the big reveal occurs and the guest steps out onto the stage, the person's teeth are always straighter, polished, and noticeably whiter.

Everyone steps into the limelight regularly in some way and having a beautiful whiter smile will steal the show every time.

Whitening teeth is one of the easiest and most impactful cosmetic changes you can make today, and it's no longer just a Hollywood thing. In fact, research has shown that most people would prefer to have whiter teeth. And they can. Whitening teeth is both affordable and easy to do for everyone.

So why do pearly whites dull down and lose some of their bright, white lustre?

With some people, it's genetics. They are born with teeth that are just more yellow than white.

Other people notice that, over time, their teeth discolour, which can happen as a natural part of aging.

Certain lifestyle habits accelerate discolouring. Smoking is very hard on teeth (and your body) and leaves yellowish nicotine stains.

Drinking dark liquids can affect the shade of teeth, too — think coffee, tea, and red wine — and even pigmented foods such as cherries, blueberries and beets can leave stains. Some experts suggest putting milk or cream into coffee and tea so they aren't so dark. But you have to be realistic, too. If you enjoy these drinks and foods, just be sure to brush your teeth after ingesting them.

Certain medications, as well as plaque and tartar, can affect the colour of your teeth, and that's why it's important to have your teeth cleaned regularly and to practise good dental hygiene.

Whitening your teeth will help remove stains and brighten your smile.

But whiter teeth can affect your psyche, too. Research has shown that the condition of your teeth and smile has a lot to do with the way you feel about yourself. While whitening teeth is a cosmetic improvement, the changes a person can experience as a result can be quite momentous.

To ensure these products are right for you, always read and follow the label.

People who have whitened their teeth say they no longer hide their smiles or cover their teeth when they are laughing or talking. They feel better about themselves overall and are more confident.

In effect, whitening your teeth is like wearing a new outfit or getting a fabulous new haircut. It simply makes you feel fantastic. That's a star quality that everyone deserves.

HEALTHY TEETH MAKE AN INSTANT IMPRESSION

Taking care of your teeth by practising good oral hygiene and whitening teeth sends all kinds of messages to the people you interact with everyday.

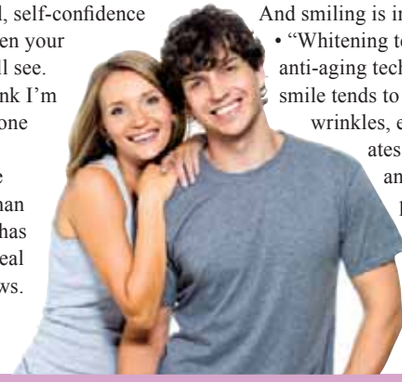
The messages are all good.

• "I feel good about myself." Teeth whitening helps improve your appearance and that makes you feel good. Of course, good, positive feelings are hard to hide.

• "Nothing can stop me now." When you feel good, self-confidence soars — whiten your teeth, you will see.

• "Do you think I'm sexy?" Someone who has nice looking white teeth rather than stained teeth has more sex appeal — and it shows.

• "Happiness is a huge part of me." When people have a bright smile they tend to smile more often. And smiling is infectious.



• "Whitening teeth is a great anti-aging technique." A whiter smile tends to overshadow facial wrinkles, etc., and that creates a more youthful and energetic appearance.

• "So nice to meet you." A smiling face is so much more friendly and approachable than one that is scowling.

• "Taking care of my body and mind is important to me." Whiter teeth are associated with beauty and a healthier lifestyle.

• "Oral hygiene is important to me, too." Whiter healthy teeth make an instant impression with people you know and meet. It's evident that you take care of your teeth — and yourself — and that's fantastic.

SHOW OFF YOUR PEARLY WHITES

Here are some top occasions where a beautiful white smile is on your side.

1 BIG PRESENTATIONS: People really do study you from head to toe when you are public speaking. Prepare by being the best you can be, including whiter teeth.

2 PHOTOGRAPHS: It's OK to want to look your best in photographs. These are lasting memories and whiter teeth make a difference.

3 MEETING NEW PEOPLE: You have mere seconds to make a first impression — a brilliant smile helps to make a good one.

4 GETTING MARRIED: Your wedding day should be perfect, right down to the radiant smile.

5 JOB INTERVIEW: Many people believe that during a job hunt an unattractive smile will hurt their chances for landing a job.

6 FIRST DATE: Most people believe an attractive smile makes a person more appealing as a partner.

7 CLASS REUNION: It's only been 20 years, but your teeth and smile are as bright and white as ever.

I WANT
A **WHITER** SMILE
FOR ALL MY SPOTLIGHT MOMENTS

Crest® 3D White™ toothpaste fights cavities. ©2014 P&G

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Lightning look to strike first against Habs

Nikita Kucherov of the Lightning scores past Canadiens goalie Carey Price during Game 1 of their opening-round Stanley Cup playoff series on Wednesday in Tampa, Fla. For more on the launch of the post-season, go to metronews.ca. MIKE CARLSON/GETTY IMAGES

Blues' hopes rest with Miller: Coach

NHL playoffs. Hitchcock counting on his goalie to have a good series in order to get past Blackhawks and into second round

Just as last spring, the St. Louis Blues have the higher seed but the unenviable task of facing the defending Stanley Cup champion in the first round of the playoffs.

For the Blues to prevail against the Chicago Blackhawks in a matchup of 100-point teams and long-time rivals with Game 1 Thursday night, coach Ken Hitchcock says they'll need standout play from goalie Ryan Miller.

St. Louis lost in six games to the Kings and Jonathan Quick last year and acquired Miller from Buffalo in hopes of making a deep run.

"We're going to need our goalie to be great," Hitchcock said Wednesday. "He's shown the ability to get into people's heads if he plays the way he can."

Blues goalie Ryan Miller snags a puck in front of the Red Wings' Luke Glendening on Sunday in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

Miller won seven of his first eight starts after coming from Buffalo, but finished 0-5 with a 3.56 goals-against average.

He'll try to thwart a lineup filled with scoring threats, especially with Patrick Kane and Jonathan Toews back from lengthy injury absences. Patrick Sharp led the Blackhawks with 34 goals and 78 points and was among five 20-plus goal scorers.

Plus, they've got a cup winner, Corey Crawford, as the last line of defence.

"Crow doesn't get rattled. He's unflappable, especially at this time of the year," coach Joel Quenneville said.

Kane hasn't played since March 19 and has been wearing a brace on his left knee. Toews missed the last six games after getting hit by Brooks Orpik in Pittsburgh on March 30.

"I think our focus is in this room and we're excited," defenceman Duncan Keith said. "We know we've got a chance and that's all we can ask for. It's just a matter of putting it all together."

Hitchcock anticipates some game-time decisions for the opener while piecing together a roster hit hard by injuries during a six-game losing streak to end the regular season. They could get game-changing forward Vladimir Tarasenko from a broken thumb that has sidelined him 15 games, and forwards David Backes and Vladimir Sobotka were back at practice Wednesday, but T.J. Oshie was not after skating a day earlier. THE ASSOCIATED PRESS

Quoted

"I don't think you should read anything into our roster today. What you saw today, there's a good chance won't be what you see tomorrow."

Blues head coach Ken Hitchcock on his banged-up lineup

UFC

Laprise, Theodorou become newest TUF winners

Welterweight Chad (The Disciple) Laprise won a split decision over Olivier Aubin-Mercier on Wednesday to become the first Canadian winner of the UFC's Ultimate Fighter reality TV show.

The welterweight and middleweight finals of The Ultimate Fighter Nations, which pitted Canada against Australia, were all-Canadian affairs after the Aussies were eliminated earlier.

Toronto's Elias (The Spartan) Theodorou stopped Edmonton's Sheldon Westcott via second-round TKO in the middleweight final.

THE CANADIAN PRESS

NBA

Griffin serves ban during finale

Blake Griffin served an automatic one-game suspension after getting his 16th technical foul this season.

Griffin sat out the regular-season finale on Wednesday night against Portland.

THE ASSOCIATED PRESS

Monte Carlo Masters

Raonic OK on clay

Canada's Milos Raonic opened his clay-court season with a second-round victory over Taiwan's Yen-Hsun Lu at the Monte Carlos Masters on Wednesday.

The No. 8 seed from Thornhill, Ont., rebounded nicely after dropping a first-set tiebreaker in the 6-7 (4), 6-2, 6-1 win.

Raonic, who had a first-round bye, fired 19 aces.

THE CANADIAN PRESS

Scan this image with your Metro News app to see how some other stars did on Wednesday in Monaco. JULIAN FINNEY/GETTY IMAGES

Starting pitcher Masahiro Tanaka delivers in the first inning of the first game of an interleague doubleheader against the Chicago Cubs at Yankee Stadium in New York City on Wednesday. KATHY WILLENS/THE ASSOCIATED PRESS

Tanaka shows off his star power to the Cubs

'Devastating' split-finger. Japanese rookie warms up crisp N.Y.C. afternoon

Forget the cold, the Chicago Cubs faced a much more difficult challenge in Masahiro Tanaka.

The Cubs managed two bunt singles, one aided by replay, and struck out 10 times against the Japanese rookie in losing 3-0 to New York in the opener of a split doubleheader Monday.

"His split-finger is devastating, a lot of bad swings on that and not good contact either, even when guys were putting it in play," Cubs pitcher Jason Hammel (2-1) said. "Hitters will tell you how good you are, and today he was pretty good."

Junior Lake bunted toward the third base side with one out in the second, and Tanaka fielded it cleanly. First-base umpire Manny Gonzalez initially called Lake out, but Cubs manager Rick Renteria requested a challenge and the call was overturned.

"The challenge was actually more our eyes told us he was safe. I don't know how much a challenge it was," Renteria said. "It was more a consensus of the eyes that he was safe."

Chicago didn't reach base again until Anthony Rizzo pushed a bunt toward a vacated third base with a shifted infield leading off the seventh.

Next time maybe

The Cubs have yet to win in the Bronx.

- **In the 1932 and 1938 World Series,** the Yankees swept them.
- **In 2005,** there was another Yankee sweep.

The 25-year-old Tanaka (2-0), wearing three-quarter sleeves on a six-degree day that felt much colder because of a brisk wind, threw 107 pitches. Shawn Kelley allowed a single to Rizzo as he finished the three-hitter for his fourth save and Chicago's third straight loss.

THE ASSOCIATED PRESS

Bale's 11th hour goal leaves Barça hanging

Gareth Bale, left, and teammates celebrate Bale's late gallop and goal that sealed Real Madrid its 19th Copa del Rey title on Wednesday in a thrilling 2-1 win over Barcelona at Estadio Mestalla in Valencia, Spain. The Welshman filled the void left by the injured Cristiano Ronaldo to claim his first career trophy. After not winning the Copa del Rey between 1993 and 2011, Madrid has won it twice in the last four years. DENYS DOYLE/GETTY IMAGES

Premiership

Man City miffed by draw with last-place Sunderland

Manchester City's hopes of winning the Premier League took a big hit with a 2-2 draw at home to last-place Sunderland on Wednesday, with the title chasers needing an 88th-minute goal from Samir Nasri to earn a point.

Third-placed City trimmed the deficit to Liverpool to six points, with one game still in hand. THE ASSOCIATED PRESS

World championships

Tippett named Team Canada's coach

Dave Tippett will coach Team Canada at the upcoming world hockey championships in Minsk, Belarus, May 9 to 25.

Tippett, who narrowly missed the playoffs with the Phoenix Coyotes, was an assistant in 2009 and 2013.

Peter DeBoer of the New Jersey Devils and Paul Maurice of the Winnipeg Jets will be Tippett's assistants. DeBoer was an assistant at the 2011 tournament.

THE CANADIAN PRESS

CFL

Riders give Durant a multi-year extension

The Saskatchewan Roughriders signed Darian Durant to a multi-year contract extension on Wednesday after he guided the Riders to a Grey Cup title last year, just the fourth in club history.

Durant, 31, has spent his entire eight-year CFL career with the Riders.

The five-foot-11, 214-pound native of Florence, S.C., threw for 4,154 yards and 31 touchdowns last season.

THE CANADIAN PRESS

$550M

Kohl sells Milwaukee Bucks to finance execs

Bucks owner Herb Kohl has reached a deal to sell the franchise to New York investment firm executives Marc Lasry and Wesley Edens for about $550 million US.

Kohl announced the deal Wednesday at the BMO Harris Bradley Center hours before the team was to play its final game of a dismal season. The deal is subject to approval by the NBA and its board of governors. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Something you said or did in the past may return to upset your plans today but there is nothing you can do about it so just go with the flow.

♉ Taurus
April 21 - May 21
You may like to give the impression that you are immune to criticism but it's not true and what someone says today will hurt you. Could it hurts because you know there might be truth in it?

♊ Gemini
May 22 - June 21
You have no time for people who think and act slowly but the planets warn you need to be a bit more lenient and forgiving today. Not everyone can operate at your level.

♋ Cancer
June 22 - July 23
It may be tempting to start something new today but you know you should be biding your time and conserving your energy. Once the Sun moves in your favour again on the 20th, you will know for certain what you should be doing.

♌ Leo
July 24 - Aug. 23
Someone in a position of authority is watching you and if they like what they see, you could be in for a promotion when the Sun moves into the career area of your chart during the weekend.

♍ Virgo
Aug. 24 - Sept. 23
If you promised to do something for a friend and you've had a change of heart, too bad! If you let even one person down today your rep for trustworthiness will head south.

♎ Libra
Sept. 24 - Oct. 23
It may be time to let people know that they can have no say in your future. Far too many friends and relatives seem to be telling you what you should do but each of them is wrong.

♏ Scorpio
Oct. 24 - Nov. 22
There is a battle of wills going on at the moment, either in your career or your social circle, and it's a battle you cannot afford to lose.

♐ Sagittarius
Nov. 23 - Dec. 21
If you own up to some sort of transgression today, it may surprise you how little others seem to care about it. Either it's not such a big deal after all or their own sins are many times worse. For you, it's a win.

♑ Capricorn
Dec. 22 - Jan. 20
It would appear that someone you work with has made a mistake and would like nothing better than to blame you for it. Don't let that happen! They're not the only ones who can point fingers.

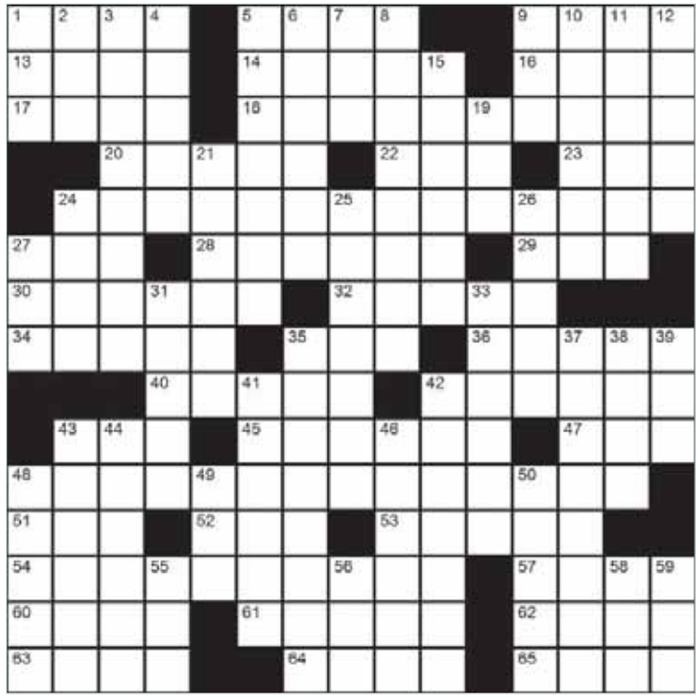
♒ Aquarius
Jan. 21 - Feb. 19
You seem reluctant to take chances at the moment and according to the planets you are right to hold back. A lot will change over the next four days, so wait a bit before making your next big move.

♓ Pisces
Feb. 20 - March 20
Try not to commit yourself to anything new over the next 24 hours. A range of possibilities will open up for you between now and the start of next week, so don't get snowed under by even more responsibilities. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

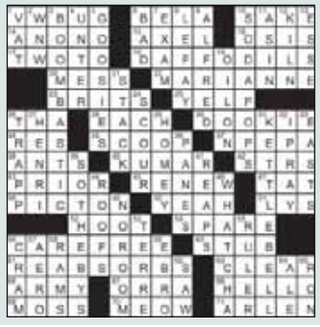
BY KELLY ANN BUCHANAN



Across
1. __ and terminer
5. Scatters seeds
9. Salon service
13. Buddy Holly hit: "__ On"
14. Creates a cardigan
16. Baseball's Mr. Boggs
17. Old UK airline in a Beatles tune
18. Space studier
20. "The ___ heard was..."
22. Stun
23. Perhaps
24. Canadian comedy series for Rocko, Cuddles, Bill and Buttons the Bear: 3 wds.
27. Farm field
28. Singer Ms. Franklin
29. Ques. partner
30. Records
32. Wretched
34. Awkward
35. Rent
36. Fast
40. South Pacific tourist destination
42. Beachwear style
43. Italian pronoun
45. Turkey's capital
47. Stock place, e.g.
48. Saskatchewan's rugged Western-movie-esque region near the American border: 3 wds.
51. __ Arbor, Michigan
52. My own, in Latin
53. Iron: German
54. Members of Cape Breton choir The Men of the Deeps: 2 wds.
57. Mythical Hun king
60. Prefix to 'phony' (Harsh noise)
61. Bug
62. French pronoun
63. Freshly
64. Quebec City 'streets'
65. 'Photosynth' suffix

Down
1. Royal symbol
2. Former-NBAer, __ Ming
3. Assess
4. Post-game analysis
5. Kurt Browning's colleagues
6. At the actual place
7. Stand-up's forte
8. Scarecrow's outfit part: 2 wds.
9. __-faced
10. Home design/build expert on "The Marilyn Denis Show", Mr. Khachi
11. Nonesuches
12. Ms. Streep
15. "Hey, I could care less.": 2 wds.
19. Retro's opposite
21. Enemy of ancient Athens
24. Actor Mr. Badgley
25. Like not-cleaned-very-well windows
26. Inuit craft
27. Hilo adornment
31. __ salts
33. Judicial happenings
35. Denizen of Ontario's 'Forest City'
37. Stuffed-into-olives items
38. Like stamp pads
39. Morse Code tap
41. Became successful: 2 wds.
42. Sears-then-simmers in cooking
43. Ancient Greece: Denizen of the island of the Labyrinth
44. Northwestern Ontario town
46. Disinclined
48. Berry
49. Un-sure sounding sound
50. Go away
55. Down
56. Montreal 'water'
58. Him: French
59. Chris Hadfield's post in 2013, for short

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			3			9		
7		3		5			4	
8			4			5		
		5		6	2			1
	2						5	
9			1	4		7		
		1			8			2
	3			7		1		9
		4			6			

Yesterday's Sudoku

4	3	5	6	1	2	9	8	7
9	1	2	5	8	7	6	4	3
7	8	6	3	4	9	1	2	5
6	4	1	7	3	8	5	9	2
2	5	3	9	6	4	7	1	8
8	9	7	2	5	1	4	3	6
3	7	4	1	2	6	8	5	9
5	6	8	4	9	3	2	7	1
1	2	9	8	7	5	3	6	4

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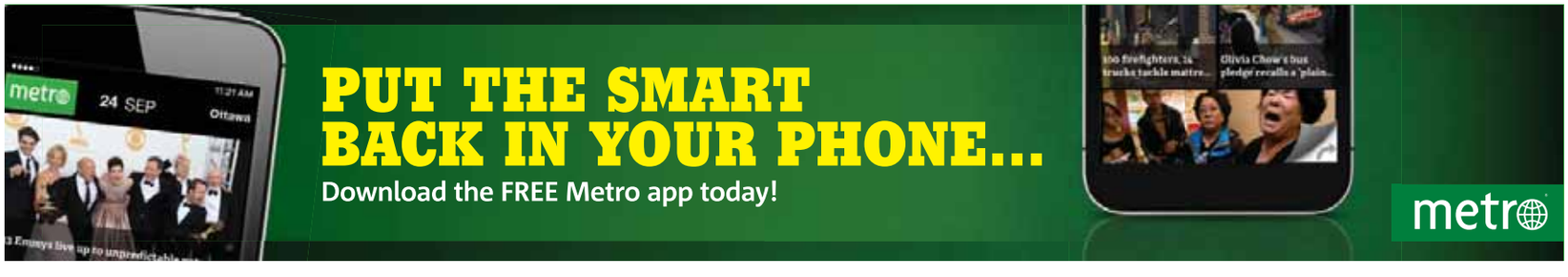

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